

PE101 | Personal Fitness & Wellness

Course Text

No need to track down a textbook; these texts are provided digitally as part of the course enrollment:

Concepts of Physical Fitness. Corbin et al. 2026 Release. McGraw Hill Publishers.

Course Description

This course provides an evidence-based introduction to the principles of physical fitness, nutrition, and lifelong wellness. Using Corbin's *Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach* (Welk) as the primary text, students will examine the physiological, psychological, and behavioral factors that influence health and well-being. Topics include the components of health-related fitness, exercise principles, cardiovascular health, muscular strength and endurance, flexibility, body composition, nutrition, weight management, stress management, sleep, behavior change, and chronic disease prevention.

Students will learn how lifestyle choices affect overall health and quality of life while developing the knowledge and skills needed to make informed decisions about physical activity, nutrition, and personal wellness. Throughout the course, students will engage in personal reflection activities that encourage them to connect course concepts to their own health behaviors and identify realistic strategies for lifelong wellness. Emphasis is placed on applying scientific principles to real-world situations, evaluating health and fitness information critically, and developing evidence-based approaches to improving individual and community health.

Learning Outcomes

After completing this course, students will be able to:

1. Explain the dimensions of health, wellness, and fitness and describe how lifestyle choices influence overall quality of life.
2. Apply behavior-change and self-management strategies to establish, monitor, and maintain healthy lifestyle habits.
3. Evaluate the health benefits of regular physical activity and recommend evidence-based activity levels for diverse populations.
4. Interpret the reasons behind a personalized fitness program that incorporates cardiorespiratory endurance, muscular fitness, flexibility, and appropriate progression principles.
5. Analyze nutrition and weight-management concepts and apply them to support lifelong health and wellness.
6. Interpret nutrition information and dietary guidelines to make informed food choices that promote health and chronic disease prevention.
7. Assess the effects of stress on physical and mental health and implement effective stress-management techniques.
8. Understand the health risks associated with tobacco, alcohol, and other drug use and identify strategies for reducing harmful behaviors.

Course Prerequisites

There are no prerequisites for Personal Fitness and Wellness.

Academic Integrity Statement

Academic integrity is the pursuit of scholarly activity in an honest, truthful and responsible manner. Violations of academic integrity include, but are not limited to, plagiarism, cheating, fabrication and academic misconduct. Failure to comply with the Academic Integrity Policy can result in a failure and/or zero on the attempted assignment/examination, a removal from the course, disqualification to enroll in future courses, and/or revocation of an academic transcript.

Course Completion Policy

In order for a course to be considered complete, **all required coursework must be attempted, submitted, and graded.** Required coursework consists of graded assignments. Any Academic Integrity Policy violations may prevent a course from being considered complete.

Assessment Types

StraighterLine courses may include any combination of the assessment types described below. Review the descriptions to learn about each type, then review the Course Evaluation Criteria to understand how your learning will be measured in this course.

Benchmarks

Benchmarks test your mastery of course concepts. You have 3 attempts, and your highest score counts.

Note: Cumulative Benchmarks (final exams) only allow 1 attempt and use a browser-based examination integrity tool.

Capstones

Capstones are project-based assessments that help you apply concepts to real-world scenarios. You have 2 attempts, and your highest score counts.

Checkpoints

Checkpoints are quick knowledge checks on important course concepts. All are open-book, and most have 1-3 attempts.

AI Use-Case Policies

StraighterLine Capstone assessments operate under one of three AI Use-Case Policies. These designations are selected intentionally to support learners in developing digital literacy, ethical reasoning, and authentic communication skills. Each model requires students to engage meaningfully with the course outcomes while adhering to academic standards.

Independent Work Requirement: Capstones with this designation must be completed independently without using AI tools. The goal is for learners to showcase their own understanding and skills without AI assistance. Students are expected to generate and submit original work developed solely through their own reasoning and effort.

AI-Assisted Planning Option: Capstones with this designation may allow AI tools to support brainstorming and assessment planning. If allowed, students will be asked to document any AI assistance by noting how it informed their work. Documentation must be included within the assignment or in a designated reflection field. Examples include describing how an AI tool helped organize an outline, generate ideas, or surface sources for further exploration.

AI-Integration Requirement: Capstones with this designation require AI tools as part of the learning process. Students will be asked to reflect upon their AI interactions and AI contributions to the assessment. Reflections must include which tools were used, how they were used, and what insights students gained from the process. This promotes transparency, ethical use, and metacognitive skill-building.

Course Evaluation Criteria

Your score provides a percentage score and letter grade for each course. A passing percentage is 70% or higher.

There are a total of 1000 points in the course:

Assessment	Points	Learning Outcomes
Checkpoint 1: Introduction to Health, Wellness, and Fitness	5	1
Lab 1A Wellness Self Perceptions	5	1
Lab 2A Healthy Habit Questionnaire	5	2
Checkpoint 2: Self Management Skills for Health Behavioral Change	5	2
Lab 3A Stages of Change and Self Management Skills	5	2
Checkpoint 3: Preparing for Physical Activity	5	4
Lab 4A Readiness for Physical Activity	5	4
Lab 4B The Warm-Up	5	4
Lab 4C Physical Activity Attitude Questionnaire	5	2
Checkpoint 4: The Health Benefits of Physical Activity	5	3
Lab 5A Assessing Heart Disease Risk Factors	5	3
Lab 6A Self Assessment of Physical Activity	5	3
Lab 6B Estimating Your Fitness	5	4
Benchmark 1: Checkpoints 1-4	120	1, 2, 3, 4
Checkpoint 5: Adopting a Health Lifestyle	5	2
Lab 7A Setting Goals for Moderate Physical Activity and Self-Monitoring	5	2
Lab 7B Estimating Sedentary Behavior	5	2
Checkpoint 6: Cardiorespiratory Behavior	5	4
Lab 8A Counting Target Heart Rate and Ratings of Perceived Exertion	5	4
Lab 8B Evaluating Cardiorespiratory Endurance	5	4
Checkpoint 7: Muscular Fitness and Resistance Training	5	4

Assessment	Points	Learning Outcomes
Lab 9A The Physical Activity Adherence Questionnaire	5	2
Lab 9B Planning and Logging Participation in Vigorous Physical Activity	5	4
Checkpoint 8: Flexibility and Advanced Fitness Training	5	4
Benchmark 2: Checkpoints 5-8	120	2, 3, 4
Capstone 1: Limitations and Risks of an AI Fitness Coach	110	2, 3, 4
Checkpoint 9: Body Composition and Health	5	5
Lab 13B Evaluating Body Composition	5	5
Lab 13C Determining Your Daily Energy Expenditure	5	5
Checkpoint 10: Nutrition and Health Eating	5	6
Lab 14A Nutrition Analysis	5	6
Checkpoint 11: Weight Management and Health Weight Control	5	5
Checkpoint 12: Stress, Mental Health, and Stress Management	5	7
Lab 16A Evaluating Your Stress Level	5	7
Lab 17A Relaxation Exercises	5	7
Benchmark 3: Checkpoints 9-12	120	5, 6, 7
Checkpoint 13: Tobacco, Alcohol, and Other Drugs	5	8
Lab 19B Perceptions About Alcohol Use	5	8
Checkpoint 14: Sexual Health and Disease Prevention	5	1
Checkpoint 15: Consumer Health, Injury Prevention, and Back Care	5	1
Checkpoint 16: Toward Optimal Health and Wellness	5	1
Benchmark 4: Checkpoints 12-16	120	1, 7, 8
Capstone 2: Clinical Exercise and Nutrition Recommendation Analysis	225	2, 3, 4, 5, 6
Total	1000	

Course Roadmap

This roadmap provides an overview of the checkpoints and lessons covered in this course.

Checkpoint 1: Introduction to Health, Wellness, and Fitness

- Checkpoint 1: Introduction to Health, Wellness, and Fitness
- SmartBook Reading: Concept 1
- SmartBook Reading: Concept 2

- Lab 1A Wellness Self Perceptions
- Lab 2A Healthy Habit Questionnaire
- Practice Activity: Concepts 1-2

Checkpoint 2: Self Management Skills for Health Behavioral Change

- Checkpoint 2: Self Management Skills for Health Behavioral Change
- SmartBook Reading: Concept 3
- Lab 3A Stages of Change and Self Management
- Practice Activity: Concept 3

Checkpoint 3: Preparing for Physical Activity

- Checkpoint 3: Preparing for Physical Activity
- SmartBook Reading: Concept 4
- Lab 4A Readiness for Physical Activity
- Lab 4B The Warm-Up
- Lab 4C Physical Activity Attitude Questionnaire
- Practice Activity: Concept 4

Checkpoint 4: Health Benefits of Physical Activity

- Checkpoint 4: Health Benefits of Physical Activity
- SmartBook Reading: Concept 5
- SmartBook Reading: Concept 6
- Lab 5A Assessing Heart Disease Risk Factors
- Lab 6A Self Assessment of Physical Activity
- Lab 6B Estimating Your Fitness
- Practice Activity: Concepts 5-6

Checkpoint 5: Adopting a Healthy Lifestyle

- Checkpoint 5: Adopting a Healthy Lifestyle
- SmartBook Reading: Concept 7
- Lab 7A Setting Goals for Moderate Physical Activity and Self-Monitoring
- Lab 7B Estimating Sedentary Behavior
- Practice Activity: Concept 7

Checkpoint 6: Cardiorespiratory Fitness

- Checkpoint 6: Cardiorespiratory Fitness
- SmartBook Reading: Concept 8
- Lab 8A Counting Target Heart Rate and Ratings of Perceived Exertion
- Lab 8B Evaluating Cardiorespiratory Endurance
- Practice Activity: Concept 8

Checkpoint 7: Muscle Fitness and Resistance Training

- Checkpoint 7: Muscle Fitness and Resistance Training
- SmartBook Reading: Concept 9
- SmartBook Reading: Concept 10
- Lab 9A The Physical Activity Adherence Questionnaire
- Lab 9B Planning and Logging Participation in Vigorous Physical Activity
- Practice Activity: Concepts 9-10

Checkpoint 8: Flexibility and Advanced Fitness Training

- Checkpoint 8: Flexibility and Advanced Fitness Training
- SmartBook Reading: Concept 11
- SmartBook Reading: Concept 12
- Practice Activity: Concepts 11-12

Checkpoint 9: Body Composition and Health

- Checkpoint 9: Body Composition and Health
- SmartBook Reading: Concept 13
- Lab 13B Evaluating Body Composition
- Lab 13C Determining Your Daily Energy Expenditure
- Practice Activity: Concept 13

Checkpoint 10: Nutrition and Healthy Eating

- Checkpoint 10: Nutrition and Healthy Eating
- SmartBook Reading: Concept 14
- Lab 14A Nutrition Analysis
- Practice Activity: Concept 14

Checkpoint 11: Weight Management and Healthy Weight Control

- Checkpoint 11: Weight Management and Healthy Weight Control
- SmartBook Reading: Concept 15
- Practice Activity: Concept 15

Checkpoint 12: Stress, Mental Health, and Stress Management

- Checkpoint 12: Stress, Mental Health, and Stress Management
- SmartBook Reading: Concept 16
- SmartBook Reading: Concept 17
- Lab 16A Evaluating Your Stress Level
- Lab 17A Relaxation Exercises
- Practice Activity: Concepts 16-17

Checkpoint 13: Tobacco, Alcohol, and Other Drugs

- Checkpoint 13: Tobacco, Alcohol, and Other Drugs
- SmartBook Reading: Concept 18
- SmartBook Reading: Concept 19
- SmartBook Reading: Concept 20
- Lab 19B Perceptions About Alcohol Use
- Practice Activity: Concepts 18-20

Checkpoint 14: Sexual Health and Disease Prevention

- Checkpoint 14: Sexual Health and Disease Prevention
- SmartBook Reading: Concept 21
- SmartBook Reading: Concept 22
- Practice Activity: Concepts 21-22

Checkpoint 15: Consumer Health, Injury Prevention, and Back Care

- Checkpoint 15: Consumer Health, Injury Prevention, and Back Care
- SmartBook Reading: Concept 23
- SmartBook Reading: Concept 24
- Practice Activity: Concepts 23-24

Checkpoint 16: Toward Optimal Health and Wellness

- Checkpoint 16: Toward Optimal Health and Wellness
- SmartBook Reading: Concept 25
- Practice Activity: Concept 25

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