Course Syllabus

**Department:** Physical Education and Integrated Health Care

**Date:** June 2012

I. **Course Prefix and Number:** PE 125

- **Course Name:** Lifetime Fitness and Nutrition
- **Credit Hours and Contact Hours:** 1 credit hour, 1 contact hour
- **Catalog Description including pre- and co-requisites:** This course is focused on the relationship of nutrition and physical activity to promote and achieve overall lifetime fitness. The student will explore and learn to apply concepts of nutrition, body composition, weight management, cardiorespiratory endurance and flexibility to develop a personal comprehensive fitness plan for life.

II. **Course Outcomes and Objectives

Student Learning Outcomes:

**The student will:**

1. Design a personal self-study project addressing strengths and deficiencies in nutrition, fitness, and physical activity.
2. Implement a comprehensive plan to apply fitness and nutrition concepts in life and work.
3. Analyze and formulate, based upon empirical evidence, healthy decisions to promote well-being.

**Relationship to Academic Programs and Curriculum:**

This course is a one credit course designed for any major at FLCC and fulfills one credit of the college’s physical education requirement.

**College Learning Outcomes Addressed by the Course:**

- [ ] writing
- [ ] oral communications
- [x] reading
- [ ] mathematics
- [x] critical thinking
- [ ] computer literacy
- [ ] ethics/values
- [ ] citizenship
- [ ] global concerns
- [ ] information resources
III. Instructional Materials and Methods

Types of Course Materials:

Textbook and pedometer.

Methods of Instruction (e.g. Lecture, Lab, Seminar …):

Lecture, hands-on activities, case studies, small group project, and personal self-study exercises.

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of evaluation must be communicated through the Course Outline that is given to the students the first week of the semester. Possible evaluation methods include: quizzes, tests, collected assignments, group activities and assigned papers. Such evaluations and related assignments will develop critical thinking techniques and reading, along with developing an appreciation of lifetime physical well-being.

V. General Outline of Topics Covered:

1. Behavioral science
2. Nutrition
3. Body composition
4. Weight management
5. Cardiorespiratory endurance
6. Muscular strength, Muscular endurance, and Muscular flexibility
7. Disease prevention
8. Application of components for developing comprehensive fitness program.