Syllabus

HPE 125 Lifetime Fitness and Nutrition

General Information

Date
November 14th, 2019

Author
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Department
Physical Education and Integrated Health Care

Course Prefix
HPE

Course Number
125

Course Title
Lifetime Fitness and Nutrition

Course Information

Credit Hours
1

Lecture Contact Hours
1.5

Lab Contact Hours
0.5

Other Contact Hours
0

Catalog Description
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

Prerequisites
None

Co-requisites
None

Grading Scheme
Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education

This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course
Course Learning Outcomes

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
4. Critique current and valid sources of health information

Program Affiliation

This course is not required as a core course in a program

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