

I. COURSE INFORMATION

- A. Health and Physical Education 118 Individual/Dual Lifetime Activities (Fitness)
- B. 1 credit hour
- C. No textbook required
- D. Prerequisites: None

II. COURSE DESCRIPTION

This course is designed to offer the student instruction and performance opportunities in exercise and physical activities. A mandatory pre-assessment will be utilized to determine the entrance levels of the student. Goals and objectives for this class will be discussed during the initial assessment. Students should use this class to achieve their physical fitness goals. A mandatory post-assessment is given the last week of the semester.

III. LEARNING OUTCOMES

- A. Recognize basic components of a healthy lifestyle
- B. Identify appropriate individual health needs and goals
- C. Analyze various exercise regimes
- D. Apply stretching techniques
- E. Demonstrate healthy eating habits

IV. MAJOR CONTENT AREAS

- A. Healthy lifestyles
- B. Exercise
- C. Nutrition

V. ASSIGNMENTS (may include but are not limited to)

- A. Questionnaire and writing assignments
- B. Aerobic training program
- C. Muscular endurance and strength programs
- D. Flexibility program
- E. Nutrition plan

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance and participation
- B. Assignments