

# HLTH 200, 1 - 4 Wellness Lifestyles FALL 2013

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Office Hours: Monday & Wednesday; 9:00 AM – 10:30 AM  
Tuesday & Thursday; 9:30 AM – 11:00 AM  
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Class Time: Monday & Wednesday 12:00-12:50 PM  
Location: MG 206

## Course Description

The purpose of this course is to assist the student in developing and understanding the personal responsibility needed to acquire lifetime health behaviors that lead to a healthier & more productive wellness lifestyle. The course is divided into two separate parts consisting of the Lecture and Activity Lab.

**Lecture** meets twice a week during the regularly scheduled class time. The lecture portion of the class is used to instruct the student in the concepts and application of positive health & wellness behavior.

**Activity Lab** provides the student with an opportunity to learn and to practice positive health/fitness activities each week, **once during their assigned lab time and twice on their own**. In addition to their structured lab activities, all students are expected to complete 30, 30 minute activity sessions during the length of course for the semester. The activity lab assignment is described in greater detail under **Course Requirements, Activity Lab & Workout Sessions**.

## Text

Fahey, Thomas, D., Insel, Paul M., Roth, Walton T. (2009) Fit & Well, Core Concepts and Labs in Physical Fitness and Wellness. 10<sup>th</sup> edition, McGraw-Hill Publishing. New York, Y

## Course Requirements

Exams – 4 @ 100 points each	400 points
Activity Lab – 14 @ 5 points each	70 points
Workout Sessions – 30 @ 5 points each	150 points
Lifestyle Eval & Change Project	50 points
Lab Assignments 10 @ 10 points each	100 points
Lab Exam	20 points
<b>Total Possible Points</b>	<b>790 points</b>

The following is a brief description of all exams, assignments, requirements for the course and a tentative course calendar.

## Exams

The exams may cover any material presented in class & labs as well as in the textbook. Each exam will cover the preceding quarter of the semester. Missed exams without prior approval will automatically count as **ZERO**. The Final Exam is not comprehensive but *may include material from previous units*. **A student may not change the date or time of the final exam without written permission from the Dean.**

### Exam Schedule

### Date

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Exam I – Unit I     | <b>Monday, September 16</b>          |
| <input type="checkbox"/> Exam II – Unit II   | <b>Wednesday, October 9</b>          |
| <input type="checkbox"/> Exam III – Unit III | <b>Wednesday, October 30</b>         |
| <input type="checkbox"/> <b>Final Exam</b>   | <b>Monday, December 9 @ 12:30 PM</b> |

### Activity Lab (70 Points Total, 14 @ 5 points each)

Students are required to regularly attend and actively participate in a **structured lab activity**, during their assigned lab time. (see schedule below for individual section meeting times, location and lab rotation schedule) During these scheduled lab times students will be instructed in four different areas relating to fitness and workout activity. These 4 areas include; 1) Run/jog/walk, 2) Aerobic activities, 3) Weight training-free weights & machines, 4) Fitness assessment.

### Activity Lab Rotation Schedule

Rotation 1 8/28/29 to 9-18/19	Sec. #	Rotation 2 9-25/26 10-9/10	Sec. #	Rotation 3 10-16/17 to 10-30/31	Sec. #	Rotation 4 11-6/7 to 12-4/5	Sec. #
Peters Hall Room C-019	9, 10, 11, 12	Peters Hall Room C-019	13, 14, 15, 16	Peters Hall Room C-019	1, 2, 3, 4	Peters Hall Room C-019	5, 6, 7, 8
Peters Wt. Room C-035	5, 6, 7, 8	Peters Wt. Room C-035	9, 10, 11, 12	Peters Wt. Room C-035	13, 14, 15, 16	Peters Wt. Room C-035	1, 2, 3, 4
Peters Hall Room C-042	1, 2, 3, 4	Peters Hall Room C-042	5, 6, 7, 8	Peters Hall Room C-042	9,10, 11, 12	Peters Hall Room C-042	13, 14, 15, 16
Peters Hall B-102	13, 14, 15, 16	Peters Hall Gym B-102	1, 2, 3, 4	Peters Hall Gym B-102	5, 6, 7, 8	Peters Hall Gym B-102	9, 10, 11, 12

### Room Locations and Brief Description of Rotation Activities

- Peters Fitness Center – Weight training with free weights & machines
- Peters C-042 (Wellness Lab) – Fitness Assessments including assessment of muscular strength and endurance, flexibility, and body composition
- Peters C-019 – Aerobic Activities/Cardio-Kick Boxing
- Peters B-102 – Gymnasium & Outside, Walk/Run/Jog

### Lab Instructors/Graders

Sections; 5 - 8 ; Kim Faulkner, Peters Hall, C-035; Weight Training  
[kbfaulkne@radford.edu](mailto:kbfaulkne@radford.edu)

Sections; 1 - 4 ; Helen Gillespie, Peters Hall, C-042; Fitness Assessment  
[hgillespie@radford.edu](mailto:hgillespie@radford.edu)

Sections; 9 - 12 ; Gina Beasley, Peters Hall, C-019; Aerobic Activities  
[Lbeasley4@radford.edu](mailto:Lbeasley4@radford.edu)

Sections; 13 - 16; James DeMarco, Peters Hall, B-102; Walk/Jog/Run  
[jdemarco@radford.edu](mailto:jdemarco@radford.edu)

### **Lab Assignments (100 points total, 10 assignments/assessments @ 10 points each)**

There are a total of 8 lab assignments, each worth 10 points, which are to be turned into the **lab instructors** on or before the **FINAL day of each rotation!**

- PAR-Q – (Lab 2.1 on page 53) – to be completed and turned in: **DAY 2 of the first rotation. (Sept. 4 or 5)**
- Rate Your Cardio-respiratory Fitness – (Lab 3.1 on page 91). You will complete either the one mile walk or the 1.5 mile run during your “**Walk/Jog/Run**” rotation. *This lab is to be turned in on the last day of this rotation.*
- Calculating Your Target Heart Rate Range – (Lab 3.2 on pages 95-96). *This lab assignment is also due on the last day of the **Walk/Jog/Run** rotation.*

### **Fitness Assessment Lab Assignments**

There are 7 lab assignments which will be completed during your **Fitness Assessment** rotation in Peters C-042. The assignments are due at the completion of this rotation.

The lab assignments include:

- Assessing Muscular Strength (Lab 4.1 on pages 129-130). Complete the 1-Repetition Max Test for the bench press.
- Assessing Muscular Endurance (Lab 4.2 on pages 135-138). Complete the Sit-Up Test, Curl-up Test and Squat Endurance Test.
- How Flexible Are You? (Lab 5.1 on pages 165). Complete the Sit and Reach Test using the Sit and Reach Box.
- What's Your BMI? (Lab 6.1 on page 191 ONLY)
- Waist Circumference (Lab 6.1 on page 195 & 196 ONLY)

### **Workout Sessions (150 Points Total, 30 @ 5 points each) in addition to the lab time.**

Students are also required to complete an additional 30, 30-minute workout sessions during the course of the semester. (average of just over 2 per week) These workouts must be conducted at either the **Peters Hall Fitness Facility or Muse Hall Workout Room.**

Students are required to: **(a)** log into the FitnessTRAC system on the computer provided at the fitness facility prior to each workout, **(b)** enter the details of their workout, and **(c)** log out of the system at the conclusion of each workout. Each workout session must be 30 minutes in length (minimum). No more than *one* workout per day is permitted. A *maximum of 4 workouts per week* may be logged into the FitnessTRAC system. Students are expected to wear appropriate exercise clothing during their workouts. FitnessTrac activity reports will be run approximately every 4-5 weeks during the semester and the grade-book will be updated accordingly to reflect the number of workouts completed and points earned to date. **Workouts must be completed by Friday, December 6th.**

**Fitness TRAC log-in instructions:** At the FitnessTRAC screen, **1)** Use your student username and password. **2)** Click **BEGIN WORKOUT**. (at this point the system will automatically date and time stamp your “check-in”). **3)** On completion of workout, log back in, detail each aspect of the workout with minutes, then Simply click, “**complete workout**”. (at the conclusion of your workout session, *this will be the last thing you “click”*)

### **Lifestyle Evaluation & Change Project Parts 1 & 2 (50 Points) (Part 1; Workbook pg. W-8) (part 1 = 20 points, part 2 = 30 points)**

Students will be expected to start & complete a Lifestyle Evaluation and change. This is a 2 part assignment. Part one of the **Lifestyle Evaluation contract** is due **in Lab, during Week 5 of labs. Rotation 2, Day 1. (September 25<sup>th</sup> or 26<sup>th</sup> )**

Part 2, the actual completed project summary, located on the **D2L Assignments** page is due: **NO LATER than lab time, December 4<sup>th</sup> or 5<sup>th</sup>. (last lab meeting)**

### **LAB EXAM (20 Points)**