



Mars Hill College
Department of Physical Education
Health and Wellness
PE 101 (3 hours credit)
Spring 2005

Instructor: Bill Hamilton
Office: CG 101-A
Office Hours: MW 9-10 TTR 1-3 (phone or email for appointments at other times)
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Course Description:

This course is designed to introduce and familiarize the student with the concepts of Health, Fitness, and Wellness. The course will enable the student to determine his or her present levels of fitness in all areas and how to maintain or improve that fitness throughout life. Special emphasis is given to physical fitness, diet and weight control, nutrition, stress management, lifestyle analysis and the concept of total wellness. This course will include both classroom and activity components.

Textbook: Powers and Dodd. **Total Fitness and Wellness**, Brief Edition.

Course Goals and Objectives:

Upon completion of this course, the student will:

- A. have an understanding and appreciation of the role of physical activity and wellness in contemporary society.
- B. have a basic understanding of the scientific principles of physical activity
- C. have an understanding and appreciation of the physical fitness related aspects of health and wellness; flexibility, muscle strength, muscle endurance, cardiovascular endurance, and body composition
- D. have a basic knowledge of other components of a healthy lifestyle; nutrition, stress management, disease prevention, and destructive habits.
- E. complete an analysis of his/her current levels of physical fitness and create a lifestyle plan for future health and wellness.

Instructional Methods:

- A. Classroom lecture/discussion
- B. Class and laboratory explanation/demonstration
- C. Audio-visuals (film, video, computer)
- D. Individual and group projects/reports
- E. Individual wellness and fitness assessments
- F. participation in fitness activities
- G. Written exams and quizzes
- H. Lifestyle paper

Course Policies:

- A. Attendance: distributed on each specific instructors supplementary handout
- B. Dress: Students are required to wear appropriate attire to permit freedom of movement on activity days. Activity day schedule distributed by specific instructor (supplement)

- C. Textbook: Every student is required to purchase and bring a textbook to class and to maintain a lab notebook.
- D. Activity Participation: Every student is expected to participate in all fitness testing and activity class work unless physically or medically disabled.
- E. Lockers: Available in the gym upon request.

Student Evaluation:

- A. Components: distributed on each specific instructors supplementary handout.
- B. Final Grade Scale: distributed on each specific instructors supplementary handout.

Course Content/Schedule:

- A. Course content (components)
 - 1. The knowledge-based units required of all classes include the following:
 - a. health/physical fitness/exercise and wellness
 - b. cardiovascular fitness and wellness
 - c. muscular fitness and wellness
 - d. diet/nutrition/body composition and wellness
 - e. stress management/relaxation and wellness
 - f. lifestyle-a lifetime commitment and wellness

Optional knowledge based units may include any or all of the following (depending upon instructor):

- a. body mechanics and wellness
 - b. consumerism and wellness
 - c. abusive behaviors and wellness
- 2. The performance based units will include some or all of the following:
 - a. physical fitness assessment tests-which may include tests of cardiovascular endurance, leg strength and endurance, arm strength and endurance, abdominal strength and endurance, flexibility, body composition and others.
 - b. fitness and exercise methods and labs which may include: weight-training machines, free weight exercises, stretching, water aerobics, dance aerobics, walk-run-jog activities, circuit training, interval training, fartlek training, Curetin-continuous training techniques, aerobic machine work, fitness trails, rope jumping, over-distance training and others.
 - c. health related activities and profiles which may include: heart rate and blood pressure assessment, at-risk profiles, fatness labs, exercising heart rate assessments, and others.
- 3. The participation (affective) component will consists of the instructor's subjective evaluation of the student's effort and attitude exhibited in the course. Additionally, the student must submit a personalized physical fitness profile and "lifestyle" paper based on his/her current and future wellness needs as a part of this component. Details relative to the lifestyle paper will be distributed by each instructor during the course.

- B. Daily schedule: Since the number and length of time of class meetings will vary from class to class, daily schedule of class activities and meeting place will be distributed by each individual instructor as a part of the Supplementary Course Outline.

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Foundations of Health and Wellness
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INSTRUCTORS SUPPLEMENTARY HANDOUT
SPRING 2005

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Course Policies:

- A. Attendance: No unexcused absences are allowed. Unexcused absences will affect your participation grade. Only excused absences may be made-up if properly documented. ***verified excuse will be a doctor's note or court notice, etc. signed and dated by appropriate person - a student cannot write or sign this notice**
- B. Dress: Students are required to wear appropriate attire to class on activity days, these days will be announced.
- C. Books: Every student is required to purchase a textbook and to have a lab notebook.

Student Evaluation:

- A. Evaluation:
 - 1. Written Mid-term and Final (20% each) **40%**
 - 2. Successful completion of activities and labs **30%**
 - 3. Attendance, attitudes, effort **10%**
 - 4. Lifestyle paper (written) **20%**
- B. Final Grade Scale:
 - A = 90-100
 - B = 80-89
 - C = 70-79
 - D = 60-69
 - F = Below 60

Course Schedule:

Will be assigned as the course progresses.

HONOR CODE

We, the students of Mars Hill College, pledge ourselves to uphold integrity, honesty, and academic responsibility in and out of the classroom.

HONOR PLEDGE

On my honor, I have neither given nor received any academic aid or information that would violate the Honor Code of Mars Hill College.