Department of Physical Education

Fall Semester 2009
PE 101/101L
Fitness for Life-2 credits

Instructors:

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Textbook:

Fitness for Life: Fall 2009.
ISBN: 978-0-7380-3488-1
Babington and Tincher

Course Description:

This course presents information and activities which emphasize fitness, physical activity, and their relationship to health. Lectures and a variety of accompanying laboratory activities help students make informed decisions about fitness, physical activity, and health throughout their lifetime. Regular participation in physical activity is a main component of the course.

Course Overview:

This course is designed to meet the Foundational Studies Program's Health and Wellness Requirement. It is a 2-credit hour lecture / lab designed to help understand the basic concepts of physical fitness and the role of exercise in health. Lectures meet one day each week and emphasize the concepts, principles, and guidelines that will help make informed decisions about physical fitness, nutrition, and exercise for a productive life. Labs will meet two times each week to introduce a variety of physical activities (e.g., resistance training, aerobic exercise, and recreational activities) and to show how to properly and safely be involved in a physically fit and active lifestyle. Laboratory activities and homework assignments will help you gain an understanding of your current state of physical fitness and how fitness can be improved. Participation in a variety of fitness activities is an integral and required part of the course. The combination of lecture materials and laboratory assignments will assist in meeting the Foundational Studies Program's as well as the Health and Wellness requirement's goals.

This course is an integral component of the University's Foundational Studies Program (FSP). Once you complete the FSP you will be able to:

1. Locate, critically read, and evaluate information to solve problems;
2. Critically evaluate the ideas of others;
3. Apply knowledge and skills within and across the fundamental ways of knowing (natural sciences, social and behavioral sciences, arts and humanities, mathematics and history);
4. Demonstrate an appreciation of human expression through literature and fine and performing arts;
5. Demonstrate the skills for effective citizenship and stewardship;
6. Demonstrate an understanding of diverse cultures within and across societies;
7. Demonstrate the skills to place their current and local experience in a global, cultural, and historical context;
8. Demonstrate an understanding of the ethical implications of decisions and actions;
9. Apply principles of physical and emotional health to wellness;
10. Express (yourself) effectively, professionally, and persuasively both orally and in writing.

Health and Wellness Learning Outcomes:

1. Understand how society benefits from healthy citizens;
2. Demonstrate safe and effective physical activities and nutritional strategies and describe informed decisions/choices about other issues that may affect one's health;
3. Articulate the effect of lifestyle on physiological and cognitive functions, and psychological well being; and
4. Describe values and behaviors that lead to a healthy lifestyle.

Health and Wellness Skill and Applied Learning Requirements:

1. Explicitly demonstrate how the curriculum will develop critical thinking skills.
2. Explicitly demonstrate how the curriculum will develop information literacy skills.
3. Include a graded writing component.
4. Include a physical activity lab.

Course Objectives:

1. To have fun and learn about physical fitness.(LO 3)
2. To become familiar with the role that a healthy lifestyle will play throughout your lifetime.(FSP 5, LO 1)
3. To be able to identify major health problems and their impact on

society.(LO 1)

4. To gain a basic understanding of the components of physical fitness.(FSP 9, LO 2)
5. To be able to explain how training principles affect the different fitness components.(LO 3)
6. To become familiar with the role proper nutrition plays in a healthy lifestyle.(LO 2)
7. To become a good consumer in regards to diet and weight loss.(LO 4)
8. To be able to design a safe and effective basic personal fitness plan.(FSP 1, LO 2, 3, 4)
9. To find lifetime fitness activities that are enjoyable to you.(FSP 9, LO 4)

Course Topics:

Topic 1	Introduction, Infectious Diseases
Topic 2	Chronic Diseases, Lifespan
Topic 3	Physical Activity and Exercise, Health Related Physical Fitness
Topic 4	Health Related Physical Fitness
Topic 5	Physical Activity and the Environment, Common Exercise Injuries
Topic 6	Essential Nutrients and Nutrition
Topic 7	Metabolism
Topic 8	Weight Maintenance
Topic 9	Current Health Issues-Sleep, Nicotine and Alcohol Use
Topic 10	Current Health Issues-Weight Gain and Type 2 Diabetes, STD's
Topic 11	Activity Prescription-Creating an Effective Activity Program
Topic 12	Stress

Course Website and Resources:

You may access the course website through MyISU. The course website contains course related materials, resources, and assignment guidelines. After logging into MyISU, click on the link for My Courses. Scroll down the page to find PE101 and click on the link. At this point you will be asked to log into Blackboard (log into Blackboard using the same username and password you use to access MyISU). After logging in you should see a link for PE101 toward the right hand side of the page. Alternatively, you can go directly to Blackboard (blackboard.indstate.edu) and log in as above.

Evaluation:

Your performance will be determined based on exam scores, attendance, participation in the lab activities, a written assessment, and lab / lecture assignments.

Exams (Three 50 pt exams) (LO 1, 2, 3, 4)	150
Online and Written Assignments (LO 1, 3, 4)	150
Attendance	100
Lab Assignments (LO 2)	50
Total	450

1. Exams: Three exams will be administered periodically throughout the semester. These exams will be completed by scantron and will consist of 50 questions: 40 multiple choice and 10 true/false.

2. Weekly Assignments: At the course website you will find weekly assignments that will direct you to various resources (CDC, National Institute of Health, etc.). These assignments will encourage students to interact with the material through quizzes with fill in the blank and multiple choice questions on a variety of topics (heart disease, diabetes, osteoporosis, etc.) to better understand the concepts. This weekly assignment will help students to be better prepared for lecture because they are ready to critically read and evaluate the given information (SALR 1, 2).

3. Course project: As a culminating assignment students will record a 3 day log of your diet and a 3 day log of your physical activity at www.mypyramidtracker.gov . Based on the data, a written critique of the self-assessments will be submitted to your lab instructor during the last week of the semester. Guidelines for submission will be provided prior to mid-term. These data will be collected for 6 weeks. This assignment will help students develop critical thinking and information literacy skills as outlined in the FSP by requiring them to analyze and then evaluate their nutritional intake and caloric expenditure values. After evaluating these values they will determine what changes, if any, are necessary to improve their health and quality of life. (SALR 1, 2, 3).

Tentative Final Exam Schedule:

Your Class Meets	Final Exam Scheduled For
Monday 10:00 am	Monday, December 8 at 10:00 am
Monday 1:00 pm	Wednesday, December 10 at 1:00
Tuesday, 8:00 am	Tuesday, December 9 at 8:00 am pm
Wednesday 10:00 am	Monday, December 8 at 11:00 am
Wednesday 12:00 pm	Monday, December 8 at 1:00 pm
Thursday 12:30 pm	Tuesday, December 9 at 1:00 pm
Monday 6:15 pm	Monday, December 8 at 6:15 pm

Grading Scale:

A 90 – 100%	C 70 – 75%
A- 88 – 89%	C- 68 – 69%
B+ 86 – 87%	D+ 66 – 67%
B 80 – 85%	D 60 – 65%
B- 78 – 79%	D- 58 – 59%
C+ 76 – 77%	F < 58%

Students who demonstrate exemplary performance (earning 98% or higher) in the course will be awarded a grade of A+.

Lab Assignments

1. Fitness Assessment: During the 2nd week of the semester students will complete fitness testing to determine their current health related fitness level. Aerobic fitness, muscular strength & endurance, flexibility, and body composition will be measured and assessed. Regular physical activity in and outside of class will be strongly encouraged as motivation for students to pursue personal fitness goals.

2. Lab Written Assignments

Lab written assignments will be composed of labs taken from the text and a workout log. Information and data necessary to complete the lab written assignments will be gathered during the first several weeks of the semester through fitness assessments. It is important for you to come to class for fitness assessment. If you miss the fitness assessment you will not be able to complete the assigned labs resulting in a potential loss of 50 points. (SALR 1, 2, 3, 4)

3. Participation

Students will be expected to fully participate in class.

Lab Activity Description:

The lab will go through three 5 week rotations as the semester progresses. One goal of the lab is to provide the students will examples of activities that do not require elaborate resources for participation. Another goal is to provide 35 to 40 minutes of activity. The PAR-Q and survey data will be collected during the first week of labs.

During the second week of the semester, fitness testing will be completed by all students in the labs. This data is collected and used by each student to complete his or her lab 6, 7, 8, 9, 10, and 12 assignments. Fitness testing will include; 3 minute step test, height, weight, hand grip strength, push ups in 60 seconds, sit ups in 60 seconds, 3 site skin fold, sit and reach (flexibility), and blood pressure. The main goal of each rotation is to teach safe and efficient techniques for participating in physical activities that will meet the goals of the Foundational Studies Program. (SALR 4).

Methods of Teaching and Learning:

This course will use a combination of lecture, small group laboratory activities, activity demonstration, and testing.

The schedule for each lab rotation is:

Aerobic Activity

Each session will provide 35-40 minutes of aerobic activity. During lab 7, the training zone heart rate will discussed and collected. In the remaining 2 weeks of the aerobics rotation students will (at the discretion of the instructor) do: aerobics to various aerobics videos (Taebo, jazzercise, etc.), stability or "physio" ball workouts, and participate in circuit training activities.

Weight (resistance) Training

Each session will provide 35-40 minutes of weight training with instruction on basic weight lifting technique and muscle group identification. During lab 8, data for sit ups and push ups in 60 seconds will be collected. In the remaining 2 weeks students will learn various resistance training techniques, some that do not require equipment (body weight activities and the use of resistance bands) and other activities that can be used to improve muscular strength and endurance.

Walk/jog/lifetime physical activity

Each session will include 35-40 minutes of walk/jog activity. Students will be instructed how to take a carotid and radial heart rate and shown appropriate warm up and cool down techniques. After fitness testing has been completed (week 2) the results will be used to complete and submit lab 6 (aerobic capacity). In the remaining 2 weeks of this rotation students will (at the discretion of the lab instructor) do: stairs in the College of Business, play Ultimate Frisbee, walk/jog on the PE 101 5k Fun Run course around campus, and learn plyometric drills.

Labs 1 through 5 will be collected in the first week of the semester. Labs 9, 10, and 12 will be assigned and collected at the discretion of the lab instructor. Lab 6 is collected during the walk/jog rotation, lab 7 during the aerobic rotation, and lab 8 during the weight training rotation. Labs 11 and 13 will be assigned during week 14 and submitted during week 15.

Course Policies:

1. You are expected to read and prepare for class discussions. Exams will be composed of material covered in lecture, lab, and lab assignments.

2. Exams are to be taken at the scheduled times. Missed exams for medical or other personal reasons require a valid excuse to the instructor. It is your responsibility to arrange for a time to make-up exams 1 or 2 within one week.

3. The majority of your grade in lab activities will come from participation. The attendance policy is as follows; 1) you will be marked as absent if you are not dressed appropriately to participate, 2) you will be marked as absent if you choose not to participate in an activity (this is left to the discretion of the lab instructor). Absences will result in the loss of approximately 2.5% of your attendance score per absence. Each absence hurts your grade. There are no excused absences with the exception of University sponsored activities (sporting events, field trips, etc.). Your instructor or coach will provide you with a letter or form that should be given to your lab or lecture instructor to be given credit for your absence.

4. The instructor reserves the right to make changes any of the above course policies.

Extended Absence from Class *(taken from the Student Handbook)*

If you must be absent from classes for five or more consecutive days due to illness, hospitalization, or family emergency, and your are unable to notify the

appropriate faculty, you should contact the

Office of Student Affairs, Parsons Hall, room 203, (812) 237-3888. The Office of Student Affairs will inform instructors of extended absences. This notification does not serve as an excuse. You are expected, upon return, to contact each instructor regarding missed assignments.

Academic Integrity

All students are expected maintain professional behavior, which includes the highest standard of integrity and honesty. Policy and procedures on academic integrity are posted at the Indiana State University web site, you are encouraged to familiarize yourself with these policies by going to:

www.indstate.edu/sjp/code.htm

Americans with Disabilities Act

Indiana State University seeks to provide effective services and accommodation for qualified individuals with documented disabilities. If you need an accommodation because of a documented disability, you are required to register with Disability Support Services at the beginning of the semester. Contact the Director of Student Support Services. The telephone number is 237-2301 and the office is located in Gillum Hall, Room 202A. The Director will ensure that you receive all the additional help that Indiana State offers. If you will require assistance during an emergency evacuation, notify your instructor immediately. Look for evacuation procedures posted in your classrooms. If an issue should arise during the semester, alert your lab instructor and the Coordinator of the Health and Wellness course. Contact Jeff Tincher by phone at 237-2802 or email at jtincher@indstate.edu .

Laptop usage:

A laptop is not required for the course but usage is permitted. There will be no assignments or examinations in class for which the laptop will be used but your use of a laptop is generally permitted as long as such usage remains within the bounds of the Code of Student Conduct and it conforms to the provisions of its use as laid out in this syllabus. There may be occasions where laptop usage is forbidden and if that occurs, failure to comply with this direction will be viewed as a violation of the Code of Student Conduct. Laptops may be used to take notes during lecture but their use will not be permitted on test days.

Academic Freedom:

Teachers are entitled to freedom in the classroom in discussing their subject, but they should be careful not to introduce into their teaching controversial matter which has no relation to their subject."
The preceding comes from the American Association of University Professors statement on academic freedom. Though the entire statement speaks to many issues, it is this portion on the conduct of the course that is most relevant. For the purpose of Foundational Studies courses this means that faculty have the right to conduct their class in a fashion they deem appropriate as long as the material presented meets the learning objectives laid out by the entire faculty.

Emergency Services for Natural or Catastrophic Events:

Unfortunately a catastrophic event could occur on a local, regional, or national level that disables communication to or from Indiana State University. The student should provide for their own and family safety and contact their instructor via phone, private email, or thru alternate provided numbers. Every effort on the faculty's part will be made to reasonably attempt to continue with the course and to meet the course objectives. If for any reason there is no internet or phone communication available for an extended period of time, postal service will be used to communicate between the faculty and student. Courses that have a clinical component may not be able to continue and in this instance the student will be awarded an *incomplete* until a revised completion plan can be determined. The Department of Public Safety website can be accessed at http://www.indstate.edu/pubsafety/ Emergency Response Plan and other documents concerning student and faculty safety can be found at this web site.

Accommodations and Support:

Indiana State University seeks to provide effective services and accommodation for qualified individuals with documented disabilities. If you would benefit from an accommodation because of a documented disability, you are required to register with Disability Support Services at the beginning of the semester. Please contact the Director of Student Support Services/Disability Services at 812.237.2301 located in Gillum Hall Rm 204A or visit their site at http://web.indstate.edu/sasc/dss/services.htm . Once registered, the Director and course instructor will ensure that you receive all the accommodations and support that Indiana State offers.

Annotated Schedule for Topics

Week 1 Introductory information is given, access to the Blackboard web site for the course is discussed, and general policies are covered. Changes in lifestyle that account for the move from the prevalence of infectious diseases to chronic diseases. (CO 3; LO 1, 4; SALR 1, 2)

Week 2 Continued discussion of chronic diseases and lifespan issues are covered. Reminder that online quizzes are to be completed by the first test date. (CO 3; LO 1, 4; SALR 1, 2)

Week 3 Martin Luther King Day, no Monday classes

Reasons to be physical active and how regular physical activity (exercise) affects health are covered. Cardio-vascular fitness, muscular strength, and muscular endurance (components of health related physical fitness). Reminder that online quizzes are to be completed by the first test date is given. (CO 1, 2, 3, 4; LO 1, 4; SALR 1, 2)

Week 4 Test #1 over the topics covered in lecture and lab assignments.

Week 5 Body composition and flexibility (remaining components of health related physical fitness). Reminder that online quizzes are to be completed by the second test date. (CO 1, 2, 3, 4; LO 1, 4; SALR 1, 2)

Week 6 Physical activity and environmental concerns (heat, humidity, cold, etc.) and common injuries (sprains, strains, etc.) and their treatment are discussed. (CO 8; LO 2; SALR 1)

Week 7 Topics covered are essential nutrients and nutrition issues. (CO 2, 6; LO 1, 2, 3, 4; SALR 1)

Week 8 Metabolic processes (resting, digestive, and active) and caloric expenditure. (CO 2, 6; LO 1, 2, 3,4; SALR 1)

Week 9 Test #2 over the topics covered in lecture and lab assignments.

Week 10 Issues surrounding maintaining a stable weight: caloric intake vs. caloric expenditure (keeping in mind good nutrition). Reminder that online quizzes are to be completed by the final exam date. (CO 2, 5, 6, 7; LO 1, 2, 3, 4; SALR 1, 2)

Week 11 Current health issues, typically taken from today's headlines. Some recent topics have included: sleep (i.e. the lack of) and its affect on health, nicotine use (and addiction), alcohol use and it's affect on health, and STD's and their affect on health. (CO 2, 3; LO 1, 2, 3, 4; SALR 1)

Week 12 Continuing health issue topics: fad diets and their effects, weight gain and its correlation to type 2 diabetes. (CO 2, 3; LO 1, 2, 3, 4; SALR 1)

Week 13	Thanksgiving, no Wednesday, Thursday, or Friday classes
	Design and implementation of an appropriate and reasonable activity routine. Both aerobic endurance activities and strength and conditioning activities are outlined. (CO 1, 2, 5, 8, 9; LO 1, 2, 3, 4; SALR 1)
Week 14	Continued discussion of design and implementation of an appropriate and reasonable exercise routine. Both aerobic endurance and strength and conditioning workouts are outlined. (CO 1, 2, 5, 8, 9; LO 1, 2, 3, 4; SALR 1)
Week 15	The affects of stress on health and how to cope (just in time for final's week). (CO 2, 3; LO 1, 2, 3, 4; SALR 1)
Week 16	Final exam (non-cumulative) over the topics covered in lecture and lab assignments.

Annotated Description of Lab Written Assignments

Lab 1	Physical Activity Readiness Questionnaire
Lab 2	Healthstyle Self-Test
Lab 3	Exercise Stages of Change Questionnaire
Lab 4	Decisional Balance Questionnaire
Lab 5	Exercise Self-Efficacy Questionnaire
Lab 6	V02 Max calculation (3 minute step test)
Lab 7	Heart rate training range calculation
Lab 8	Muscular strength measure (hand grip strength)
Lab 9	Sit and reach (flexibility)
Lab 10	Body composition (3 site skinfolds and BMI)
Lab 11	3 day nutrition log and evaluation using Mypyramidtracker.gov
Lab 12	Basal (Resting) metabolic rate calculation
Lab 13	3 day activity log and evaluation using Mypyramidtracker.gov

Weekly Reading Assignments and Quizzes

The online quizzes found on Blackboard are designed to improve the students' ability to locate, critically read, and evaluate information to answer questions about various health issues that affect (or may one day affect) them. The students are shown in the first lecture session how to open an internet browser for the Blackboard quiz, and another for the website that contains the information that will enable them to answer the questions. This process works very well, it requires a great deal of reading to find and process the information at the web site to be able to answer the questions on the quizzes correctly. (SALR 1, 2)

Quiz 1	Website used: www.nhlbi.nih.gov National Heart, Blood, and Lung Institute at the National Institute of Health. Topic covered: Coronary artery disease.
Quiz 2	Website used: www.diabetes.org Topic covered: Diabetes.
Quiz 3	Website used: www.nhlbi.nih.gov/hbp/index.html Topic covered: High blood pressure.
Quiz 4	Website used: www.bt.cdc.gov/disasters/extremeheat/about.asp Topic covered: Heat related illnesses.
Quiz 5	Website used: www.nof.org National Osteoporosis Foundation. Topic covered: Osteoporosis.
Quiz 6	Website used: http://www.arthritis.org/disease-center.php Topic covered: Osteoarthritis.
Quiz 7	Website used: www.cdc.gov/nccdphp/dnpa/obesity/ Topic covered: Obesity and it's correlation to chronic disease.
Quiz 8	Website used: www.mypyramidtracker.gov Topic covered: Diet and activity tracking.
Quiz 9	Website used: www.stroke.org Topic covered: Stroke.
Quiz 10	Website used: www.stress.org Topic covered: Stress and its affect on health and wellness.