

North Central **Michigan College**

NCMC MASTER COURSE SYLLABUS FOR YEARS: 2001-2002

DIVISION/AREA: Sciences, Health and Human Services DEPARTMENT: Sciences and Health

AREA DEAN: Timothy Dykstra, PhD

ORIGINATOR: Polly Flippo

TOTAL HOURS OF INSTRUCTION: Lecture: 1 Lab: 0 Total Contact Hours: 16

COURSE NUMBER: PE 115

CREDIT HOURS: 1

COURSE TITLE: Fitness for Life

PREREQUISITE(S)/COREQUISITE(S)/ADVISORY: Advisory note: Students must take two additional activities courses in order to fulfill Physical Education Requirement.

CATALOG DESCRIPTION: This is a study of the components of physical health as they relate to each individual's health. Topics include cardiorespiratory endurance, muscular endurance, strength, flexibility, nutrition and general health principles. Students will identify the values of high level wellness, how to achieve it and maintain it through their individual lifestyles.

GENERAL EDUCATION OUTCOMES OR OCCUPATIONAL PROGRAM OUTCOMES

Refer to College catalog or specific occupational program outcomes and describe how this course meets those outcomes.

Required to fulfill College's Physical Education General Education Requirement.

COURSE OBJECTIVES & OUTCOMES:

1. Describe medical, environmental, holistic, and wellness models of health
2. Discuss the psychosocial and physiological effects of stress and explain how stress can be managed
3. Describe dietary guidelines proposed by major health organizations
4. Describe the psychological and health benefits of exercise
5. Identify major cardiovascular risk factors; identify risk factors that can and cannot be modified through diet, exercise, and stress management techniques.
6. Discuss ways to maintain muscular skeletal fitness and strength.
7. Discuss health and social consequences of drug abuse and smoking.
8. Develop and implement a comprehensive personal wellness plan.

METHODS OF INSTRUCTION: Lecture, discussion, case study, self-evaluation, videotapes, CD-ROM study guides.

METHODS OF EVALUATION: Test, written assignments, health self-assessment, individual wellness plan, and health journal.

REQUIRED TEXTS:

Edin, Golanty, Brown. Essentials for Health and Wellness (2nd Edition). Jones and Bartlett Publishing.

Reasonable accommodations may be provided for students with documented physical, sensory, cognitive, systemic, and/or psychiatric disabilities. Please contact the Education Opportunity Program (EOP) at (231) 348-6687 to arrange services for this course.

TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:

Week 1	Achieving Personal Health
Week 2	Managing Stress and Maintaining Emotional Health
Week 3	Test
Week 4	Choosing a Nutritious Diet
Week 5	Managing a Healthy Weight
Week 6	Physical Activity for Health and Well-Being
Week 7	Test
Week 8	Cardiovascular System
Week 9	Risk Factor for Cardiovascular Disease
Week 10	Achieving and Maintaining Cardiovascular Health
Week 11	Muscular Skeletal System
Week 12	Achieving and Maintaining Muscular Skeletal Strength and Health
Week 13	Test
Week 14	Using Drugs and Medications Responsibility
Week 15	Eliminating Tobacco Use
Week 16	Final

APPROVED FOR ADOPTION BY THE CRD/AP COMMITTEE ON _____