

SYLLABUS
PART I
EDISON STATE COMMUNITY COLLEGE
BIO 142S LIFETIME FITNESS
3 CREDIT HOURS

COURSE DESCRIPTION

This course will focus on how to build an individual exercise program that includes cardiovascular endurance, strength, and flexibility for maintaining a fitness lifestyle.

COURSE GOALS

The student will:

Bloom's Level		Gen Ed Outcomes
1	1. Define physical fitness and explain how it relates to health and wellness.	1, 2, 4
3	2. Monitor daily physical activity.	5
3	3. Integrate physical activity into a physical fitness program.	2, 5, 6
2	4. Explain the relationship of nutrition to health and wellness.	2
1	5. Use the USDA guidelines for healthier eating and keeping food diaries.	6
1	6. Define and measure factors related to body composition.	3, 6
4	7. Determine recommended weight according to body fat percentage and body mass index.	2, 3
2	8. Explain the role of a lifetime exercise program in weight management.	2
3	9. Implement a physiologically sound weight management program.	3, 6
2	10. Discuss the instrumentation needed to develop motion analysis.	3, 6
3	11. Set up a cardiorespiratory exercise program.	2, 6
4	12. Assess muscular strength and endurance and interpret the results according to health and fitness standards.	3, 6
3	13. Set up a muscular strength and endurance program according to test results.	3, 6
3	14. Set up muscular flexibility and interpret the results according to health and fitness standards.	1, 3, 6
3	15. Set up a muscular flexibility program.	1, 3, 6
3	16. Plan an overall personal fitness program.	1, 2, 3, 6
2	17. Identify types of physical activities that contribute to lifetime fitness.	1
2	18. Identify resources that can contribute to a fitness program.	1, 6
4	19. Differentiate between physiological and chronological age and determine life expectancy and real physiological age.	1, 2, 3, 4, 5, 6
1	20. Review fitness accomplishments and chart comprehensive personal wellness program.	1, 5, 6

CORE VALUES

The Core Values are a set of principles that guide in creating educational programs and environments at Edison State Community College. They include communication, ethics, critical thinking, human

diversity, inquiry/respect for learning, and interpersonal skills/teamwork. The goal, objectives, and activities in this course will introduce/reinforce these Core Values whenever appropriate.

TOPIC OULINE

1. Understanding Fitness and Wellness
2. General Principles of Exercise for Health and Fitness
3. Cardiorespiratory Endurance: Assessment and Prescription
4. Improving Muscular Strength and Endurance
5. Improving Flexibility
6. Body Composition
7. Creating Your Total Wellness and Fitness Plan
8. Nutrition for Health and Fitness
9. Achieving and Maintaining a Healthy Body Weight
10. Preventing Cardiovascular Disease
11. Stress Management
12. Special Considerations Related to Exercise and Injury Prevention
13. Cancer
14. Sexually Transmitted Infections
15. Addiction and Substance Abuse