

La Sierra University
Department of Health & Exercise Science

PEAC 120 – Lifetime Fitness

CRN 415, section 1 (2 units)

Fall 2011

Monday/Wednesday

(lecture 11:00-11:50, exercise 12:00-12:50)

INSTRUCTOR: Wayne E. Borin, Ed. D wborin@lasierra.edu

OFFICE HOURS: Location: HES Department annex, office “B”
M / W – 9:00-10:45 or by appointment

TEXT: REQUIRED - “Fit & Well” *Alternate ninth Edition*, Fahey, Insel & Roth. McGraw Hill.
ISBN 13: 978-0-00734968-4

COURSE ORGANIZATION: Students will receive two units of credit for the course. This includes two discussion sessions and two exercise sessions per week. Each session is 50 minutes in length. There is a \$20 lab fee charged.

Discussion Sessions: Classroom discussions will include the components of, the necessity for, and the development of physical fitness/wellness. Topics covered include: behavior change, cardiovascular endurance, strength, flexibility, nutrition, stress management, exercise precautions, and exercise prescription.

Exercise Sessions (Labs): Exercise sessions will include cardiovascular endurance, strength training, and stretching activities. Appropriate attire includes exercise shorts, T-shirts, sweats, warm-ups, etc. Tennis shoes must be worn to workout. Wearing sandals will result in a denial of entry. Students are expected to dress modestly. ID’s are **required** at all times to enter the Fitness Center. Hand towels are also required for all workout sessions. Personal towels may be purchased for \$1 at the desk. Please bring exact change!

STUDENT LEARNING OUTCOMES:

Students will be able to:

1. Demonstrate the ability to apply knowledge and skills through experiential learning opportunities.
2. Describe how principles learned in class may be applied to improve your dimensions of wellness (physical, emotional, intellectual, social, spiritual, financial, occupational and environmental).
3. Examine the major contemporary health problems in society in order to heighten awareness and make informed decisions.
4. Describe the behaviors that are part of a fit and well lifestyle.
5. Design aerobic and anaerobic exercise prescriptions.
6. Be familiar with the basic anatomy & physiology of the Cardiorespiratory system.
7. Explain how muscular strength and endurance relate to fitness & wellness.
8. Describe the potential benefits of flexibility in relation to injury prevention & back care.
9. Differentiate between body weight & body composition and how they affect overall health.
10. Analyze dietary intake and discuss nutritional guidelines for health living.
11. Identify what stress is and describe techniques for preventing & managing it.
12. Identify the forms and risk factors associated with cardiovascular disease and clearly explain how these can be avoided or postponed.

EXPECTATIONS:

What you can expect from Me:

1. Knowledge - I will share my experience with you to support you in successful studies.
2. Stimulation - I will present scientific material in a manner that you should find stimulating & motivating.
3. Teaching Style - Conversation vs. "Lecture".
4. Fun - My intention is to make this an enjoyable experience. We can all have fun and learn a lot of valuable information in the process.

What I expect from You:

1. Communication
2. Follow instructions
3. Responsibility / Preparedness;
 - *be here/on time/alert
 - * assignments complete
 - *proper attire
4. Remember

GRADING: The final grade for the course will be weighted in the following manner: (there is no S/U option)

Quizzes – 25%	Lab Q's/Assessments – 25%	Lab/Exercise – 25%	Final Exam – 25%
Final grades will be determined by the following %:	A 93-100	B- 80-82	D+ 64-67
	A- 90-92	C+ 78-79	D 60-63
	B+ 88-89	C 70-77	F <60
	B 83-87	C- 68-69	

QUIZZES: Online quizzes will cover the assigned reading for that day and/or the previous lecture and will be made available from the end of the previous class up to one hour prior to our class meeting that we will cover the topic. The format is a combination of T/F and multiple. Quizzes are open-book / open-note, BUT an individual effort. Quizzes can NOT be made up. Your lowest quiz score will automatically be dropped.

LAB QUESTIONNAIRES: These questionnaires are found in the textbook at the end of each chapter and are designed to identify the student's strengths and weaknesses in the various components of fitness. Additionally, they are meant to heighten your awareness of your lifestyle habits. Examples are as follows: coronary risk factors, nutrition, and stress.

Late Policy – Any assignments turned in on the due date, but after class has started will lose 10%. Work turned in by the next class meeting will be subject to a 20% reduction, by the third meeting after it was originally due it will be marked down 50%. Work turned in past this point will NOT be accepted.

LAB ASSESSMENTS: Physical assessment forms will be provided and are designed to identify the student's strengths and weaknesses in the various components of fitness. Physical assessments will include cardiovascular endurance, muscular strength & endurance, flexibility, body composition blood pressure and blood lipid profile.

Make up: Assessments may be made up for an excused absence only and must be completed within one week. A partner (classmate) may be necessary to assist you with the measurements. Grading of the assessments is based upon completing the measurement process and the forms *correctly*. Grades are NOT based on specific assessment scores, such as your strength or body fat.

EXERCISE SESSIONS: The exercise session grade will be based upon the number of workouts attended and the effort expended. If you attend all sessions, complete all required exercises, and record results correctly you will receive 100%. Up to **three** labs may be made up for 90% of your points for the day and must be **completed on separate days within one week** after returning to the exercise class. The made up sessions still count toward the maximum of 4 absences. Four or more absences, lecture &/or exercise, will result in an F in the course.

Note: To make up a lab

1. Pick up a "Late Lab Workout Form" from the receptionist at the Fitness Center.
2. Complete your workout and record the numbers on the form. Have the Fitness Center receptionist sign the completed form.
3. **Turn the form into your instructor at the next class. This is your responsibility.**

FINAL EXAM: Comprehensive multiple-choice exam scheduled with all PEAC 120 sections.

ABOVE & BEYOND: You will have the option to earn additional points towards your final grade as follows:

1. Reading and summarizing a published journal article or study which deals with course subject matter.
One page write-up with copy minimum 3 page article. (.5% ea., maximum of 2) 1%
2. Additional lab questionnaires. (.01% ea., maximum of 10) 1 %
3. Community event (walk, run, bike.... Etc.) (.5% ea., maximum of 2) 1 %
4. CPR certification (conducted within course timeframe) 1 %
5. Propose (in writing) a scholarly alternative 1 %

Note: You must submit a written proposal and get approval prior to pursuing any of these. Maximum A&B cannot exceed 5% of your final grade and at least half of the assignments must be completed by mid-term. All A & B is due by the next to the last class meeting. (NO EXCEPTIONS).

ATTENDANCE: Attendance is required. Because the student not only benefits personally from attending and participating in class, but also contributes to the learning experience of classmates, regular attendance is expected and valued. Arrive on time and leave when the class is over. If circumstances arise that is out of your control causing you to miss class, it is your responsibility to have a “Buddy” (classmate) to provide you with the missed information. The instructor cannot take on that role. Three unexcused absences, or any combination of four excused/unexcused absences will result in an F grade for the course. Unexcused absences may not be made-up. An excused absence (to be determined by the instructor such as for illness, etc.) must be reported as soon as the student returns to class or it will be counted as unexcused. Missed labs must be made up ***within one week*** after returning to class. If you are more than ***10 minutes*** late to an exercise session, you will lose points and be marked absent and will have to make it up.

ACADEMIC INTEGRITY STATEMENT: The student is expected to practice academic honesty in *all* activities related to this course. Original work is expected from the student, unless appropriate credit is given to specific work cited. Plagiarism is unacceptable as are other types of cheating. This policy equally applies to exercise sessions; What you record on your exercise card must reflect exercise you actually performed. Refer to the *Student Handbook* for further details at <http://www.lasierra.edu/departments/slife/pdf/handbook.pdf> Appropriate penalties will be enforced. All instances of academic misconduct will be reported to the Dean of the College of Arts and Science.

CLASSROOM BEHAVIOR AND STUDENT CODE OF CONDUCT: You are expected to be in class on time and prepared. Additionally, I expect mature professional behavior – you are now a college student! If you are disruptive you will be asked to leave in which case can affect your grade. Use of cell phones is strictly prohibited. Use in any way (including texting) could result in being asked to leave. Please turn OFF your cell phone.

DISABILITIES: The University provides reasonable accommodations for students with documented physical or learning disabilities. Contact the Office of Disability Services for evaluation and guidance on such matters at (951) 785-2450. The office is located in La Sierra Hall, Suite 100. Students with such documented disabilities who require reasonable accommodations in order to participate in course activities or meet course requirements should contact the instructor during posted office hours or by appointment during the first two weeks of the quarter.

CAMPUS EMAIL: Students are expected to check their campus email and D2L regularly for information regarding this course and to stay abreast of news and events at the University. The sample format for student campus email is asmi765@my.lasierra.edu where the student’s first name initial, First three letters of their Last Name, and Last three numbers of their student ID are used for the “username”, and “my.” is put in front of lasierra.edu in the domain name.

CONTRACT: This syllabus serves a similar purpose as a contract. By enrolling into this class you are accepting the syllabus and thereby entering into an agreement. ***The instructor reserves the right to make modifications to the syllabus (contract) as I deem necessary and will provide students as much notice as possible. . If absent from class, or if late it is also the student’s responsibility to find out what he or she has missed.***

FALL 2011 - COURSE SCHEDULE
 PEAC 120: Lifetime Fitness
 (Monday / Wednesday 11:00-11:50, CRN 415, Section 1)

DATE	DAY	READING	DISCUSSION TOPIC	LAB DUE	ONLINE QUIZ
9/26	Mon.	Study Guide	Orientation		
9/28	Wed.	Protocols	Physical Assessment Protocols		
10/3	Mon.	Ch. 1	Introduction to Wellness	1.1, 1.2, TestWell (online)	9/28 – 10/3
10/5	Wed.	Ch. 2	Physical Fitness	2.1, 2.2, 7.1, 7.2	10/3 – 10/5
10/10	Mon.	Ch 3	Cardiorespiratory Endurance		10/5 – 10/10
10/12	Wed.		Practice Dimensions of Wellness		
10/17	Mon.		Cholesterol screening (fasting)	9:00 – 12:00	
10/19	Wed.	Ch. 4	Muscular Strength & Endurance	3.2	10/17 – 10/19
10/24	Mon.	Ch. 5	Flexibility and Low Back Health		10/19 – 10/24
10/26	Wed.	Ch. 6	Body Composition	5.2	10/24 – 10/26
10/31	Mon.	Ch. 6	Body comp assessments	½ A & B due	
11/2	Wed.	Ch. 7	Putting Together a Complete Fitness Program	6.2	10/31 – 11/2
11/7	Mon.	Ch. 8	Nutrition		11/2 – 11/7
11/9	Wed.	Ch. 8	Nutrition; Potluck	8.1, Favorite food	
11/14	Mon.	Ch. 9	Weight Management	Vitabot	11/9 – 11/14
11/16	Wed.	Ch. 8	Reading labels	Go on Scavenger Hunt	
11/21 & 23			Happy Thanksgiving		
11/28	Tues.	Ch. 11	Preventing Cardio. Disease	Scavenger Hunt Analysis	11/16 – 11/28
11/30	Thurs.	Ch. 11	Cardio. Disease	11.1, A & B due	
12/5	Tues.	Ch.10	Stress Management	10.1, 10.2	11/30 – 12/5
12/7	Thurs.	Ch.10	Review / Mindful Meditation		
12/14		ALL	FINAL 2:00-4:00		

PEAC 120 Lab – Lifetime Fitness

DRESS: Modest attire appropriate for movement in labs includes exercise shorts (no belt loops, external zippers, or clothing that will damage the upholstery), sweats, warm-up, gym shoes (no sandals).

COURSE ORGANIZATION: This should be a “fun” experience where you actually get academic credit for working out and have a good time with friends! The class will consist of cardiovascular, strength & stretching exercises. Towels must be provided by **you** for use during workouts or purchase one for \$1 at the desk. You must also always have your student ID. Lockers are available to check out for the year. You may wish to bring a water bottle (capped only) or use the drinking fountain as needed. Please re-rack all free weights used and use safety collars on all free weight bars.

AEROBIC ACTIVITY: For the first few weeks a minimum of 15 minutes of aerobic exercise is required using bicycle, stepper, treadmill, or elliptical machine. A minimum of twenty (20) minutes of cardio is required by mid-term on. Heart rates must be raised to 70 - 80% of maximum heart rates. HR counts must be within seconds of finishing your exercise. Record all pertinent information on your workout card.

STRENGTH TRAINING: Each class you will perform exercises in each of the nine muscle groups. (Shoulders, Bicep, Triceps, Abdomen, Hamstrings, Quadriceps, Back, Chest, and Calf. You will begin with 1 set of 8 – 12 reps of each exercise, maintaining proper form & technique - always working to failure. You will increase to 2 sets once 12 reps is no longer challenging. You will increase the weight when 3 sets of 12 reps is no longer challenging. Additional exercises will be added throughout the course.

Important tip: Exhale on the effort. **DO NOT HOLD YOUR BREATH.** Also, 48 hours is required to recuperate from strength training. For this reason, **we do not accept 2 workouts on the same day.**

The first half of the quarter you will use the Body Master machines. The name of the machine, muscle being worked on, and procedure is printed on each machine. If you do not know how to use the machine, ask the instructor. T-handles are pulled for adjustment, round knobs are unscrewed. Each machine must be set for you to insure a safe and effective workout.

When we use free weights you will need a spotter for every exercise for safety. You are required to re-rack your weights and follow all fitness center etiquette. Failure to comply with the rules will result in appropriate consequences.

Setting Goals: I would like each student, once you have found a starting weight that is comfortable for you, to set goals for each of the lifts that you wish to obtain during the quarter. Make sure the goals are realistic.

FLEXIBILITY: Stretching at the beginning and end of each class is your responsibility; it is part of your grade. You should stretch at least 5 minutes, 10-12 different stretches, holding each stretch for 30 seconds.

PEAC 120 Lab: Lifetime Fitness schedule
 (Monday / Wednesday 12:00-12:50, CRN 415, Section 1)

WEEK	SESSION	WORKOUT
Sept.	26	Orientation
	28	Strength / Endurance tests
Oct.	3	Flexibility / Treadmill tests
	5	Strength / Cardio / Stretch
	10	Strength / Cardio / Stretch
	12	Strength / Cardio / Stretch
	17	Strength / Cardio / Stretch
	19	Strength / Cardio / Stretch
	24	Strength / Cardio / Stretch
	26	Strength / Cardio / Stretch
	31	Strength / Cardio / Stretch
	Nov.	2
7		Strength / Cardio / Stretch
9		Strength / Cardio / Stretch
14		Strength / Cardio / Stretch
16		Strength / Cardio / Stretch
THANKSGIVING		
	28	Strength / Cardio / Stretch
	30	Strength / Cardio / Stretch
Dec.	5	Post: Strength/ Endurance tests
	7	Treadmill test & Strength Workout