

La Sierra University
Department of Health & Exercise Science
College of Arts & Sciences
HLSC 120-2: Lifetime Fitness
Fall 2013

Instructor: Kimberly Feiler, MSHS — kfeiler@lasierra.edu (Please email for appointment.)

Text: REQUIRED— *“Fit & Well” Alternate* 10th Ed., Fahey, Insel & Roth. McGraw-Hill.
 ISBN 13: 978-0-07765111-4

Class Place & Time: Mon. & Wed. —Fitness Center @ 11:00 am; Classroom 1 @ 12:00 pm

Course Description: The components of, the necessity for, and the development of physical fitness/wellness. Includes concepts of cardiovascular endurance, strength, flexibility, weight control, nutrition, stress management, exercise cautions, and exercise prescription. Lecture, assessments, and exercise laboratory. Students must register for the class and lab in the same quarter. Prerequisites: None. Students will receive 2 units of credit for the course. This includes two discussion sessions and two exercise sessions per week. Each session is 50 minutes. There is a \$25 lab fee charged to your student account.

Academic Integrity Statement: The student is expected to practice 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 log must reflect exercise you actually performed. Refer to the *LSU Student Handbook* for 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 Academic Integrity Committee. To be sure that you have no misunderstandings about definitions of academic honesty or academic dishonesty, refer to your *LSU Student Handbook*. The University has significant penalties for academic dishonesty, so please take this suggestion serious. La Sierra University’s policy and other important information regarding academic honesty can be found at <http://www.lasierra.edu/departments/psychology/AIC/>

Course Objectives: The lecture/discussion sessions will introduce you to various theoretical concepts regarding fitness and wellness intended to heighten your awareness to you may make more informed decisions for lifelong wellness (SLO’s #2, 3, 5, 6, 7, 8, 9, 10, 11, 12). The exercise (laboratory) sessions provide an experiential application of classroom theories through exercise sessions and physical assessments (SLO’s #1, 4, 5, 8, 9).

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). Examine the major contemporary health problems in society in order to heighten awareness and make informed decisions.
3. Correctly perform exercises to improve strength, flexibility, and cardiorespiratory fitness. Design aerobic and anaerobic exercise prescriptions.
4. Describe the basic anatomy & physiology of the cardiorespiratory system.
5. Explain how muscular strength and endurance relate to fitness & wellness.
6. Describe the potential benefits of flexibility in relation to injury prevention & back care.

7. Differentiate between body weight & body composition and how they affect overall health.
8. Analyze data intake and discuss nutritional guidelines for healthy living.
9. Identify what stress is and describe techniques for preventing and managing it.
10. Identify the forms and risk factors associated with cardiovascular disease and clearly explain how these can be avoided or postponed.

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

Lab Q's/Assessments 25% Workouts 25% Quizzes & Presentations 25% Final Exam 25%

All grading will be kept up-to-date through Blackboard: blackboard.lasierra.edu
Use your La Sierra University email and email password to log in.

Standards: A = 90 – 100% B = 80 – 89% C = 70 – 79% D = 60 – 69% F = up to 59%

Quizzes: All quizzes will be at the beginning of the lecture portion of class. Quizzes may cover topics covered in previous classes, as well as topics from the textbook that will be discussed in that day's lecture. The format is a combination of T/F, multiple-choice, and matching. Quizzes are not open-book/open-note, and are an individual effort. Quizzes cannot be made up.

POINT VALUE: 10 points per Quiz

Presentations: Students will be assigned two (2) dates each to give a 5-8 minute presentation each time. Presentations that are less than 3 minutes or more than 5 minutes will be docked 5 points per minute under or over the time limit. Presentations will be given throughout the quarter and reflect the assigned day's topic. If absent on your assigned day, you will be given one presentation make-up opportunity. Please note that the assigned topic may change to reflect the day's respective topic. If you "forget" about your presentation, 10 points will be docked from your score once you present.

POINT VALUE: 25 points per Presentation

Project: "Personal Fitness Program": Each student will design a "Personal Fitness Program" that will be his/her workout plan for the 12 weeks after this class has ended (i.e., the following quarter). Include cardio-respiratory, muscular strength and endurance, and flexibility activities. You should have a minimum of two workouts per week (but may have more), and include each of the above-mentioned activities; vary your workouts so as not to get bored with your regimen. Include a minimum of 3 main program goals and rewards, as well as 3 mini goals and rewards for *each* of the main goals (total of 12 goals and 12 rewards).

DUE DATE: November 20, 2013 (Wednesday)

POINT VALUE: 150 points

Weeks:	120 points	(12 weeks x 10 points/week)
Goals & Rewards:	24 points	(12 goals + 12 rewards x 1 point/item)
Format:	6 points	

Format:

- Printed document (*any electronic version will not be accepted*); Times New Roman, 12-pt font; remove any extra spacing after each paragraph (you may do this in the "Paragraph" formatting section in your Word processor).
- Goals and rewards sections may be in a bulleted list at the beginning of the document in paragraph form.
- You may use a calendar format for scheduling your workouts and goals/rewards.
- This is YOUR fitness plan, not mine. Create a format that is clear and understandable, and works for you!

Lab Questionnaires: Questionnaires are found in the textbook at the end of each chapter. They are designed to identify student strengths and weaknesses in various components of fitness, as well as heighten your awareness of your lifestyle habits. All labs must be turned in at the beginning of class time on the due date, and stapled together; your full name and section number must be on all labs to be considered for full credit.

POINT VALUE: 10 points per Questionnaire

Late Policy: No late work will be accepted, so please stay on top of all your assignments. Late work will only be accepted for an excused absence, such as if you are sick or have an emergency. Please bring a doctor's note or notify me of the emergency through email as soon as possible—I will work with you if you let me know what's going on.

Lab Assessments: Physical fitness assessment forms will be provided and are designed to identify student strengths and weaknesses in various components of fitness. Assessments will include cardiovascular endurance, muscular strength & endurance, flexibility, body composition, blood pressure, and blood lipid profile (cholesterol). Grading of assessments is based upon completing the measurement process and filling the forms correctly. Grades are not based on specific assessment scores, such as your strength or body fat.

POINT VALUE: 20 points per Assessment

Make-Up: Assessments may be made up for an excused absence only, and must be completed within one week. A partner (classmate) may need to assist you with measurements.

Exercise Sessions: The workout session grade is based on the number of workouts actively participated in. If you attend all sessions, complete all required exercises, and record results correctly on the paper sheets provided, you will receive 100%. For approved excused absences only (to be determined by the instructor), students may be able to make up two workout sessions during scheduled “make-up” session days at the end of the quarter. Make-up dates TBD by the Lifetime Fitness instructor team.

POINT VALUE: 20 points per Session

Final Exam: A comprehensive multiple-choice exam with all HLSC 120 Lifetime Fitness sections will be at a **SPECIAL TIME** designated specifically for multi-section exams on the Final Exam schedule. It will NOT be the “normal” time based on the day and time the class meets. Students are expected to take the final exam at the appointed time indicated in the University's published exam week schedule in order to receive credit. Please contact the College of Arts and Sciences dean if you have an extenuating circumstance and need to take the exam at a different time.

POINT VALUE: 100 points (25% of final grade)

Blackboard: Blackboard will be used for updates to the syllabus, schedule, assignments, grades, and internet links to videos, various documents, or any other important information that will be used for class. Please make sure to check this class's Blackboard page throughout the quarter for updates.

Attendance: Attendance is required. Arriving late and leaving early will result in reduced participation points for that day. It is your responsibility to obtain any information you miss from a classmate. 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. Excused absences (to be determined by instructor, such as for illness, etc.) must be reported with documentation as soon as you return to class, or will be counted as unexcused. If you are more than **15 minutes** late to an exercise session, you will lose points and be marked as absent.

Classroom Behavior & Student Code of Conduct: You are expected to be in class on time and prepared.

Additionally, I expect mature, professional behavior. If you are disruptive you will be asked to leave, which can affect your grade. Use of cell phones (included texting) is prohibited; use in any way could result in being asked to leave—turn it off. Use of a laptop, iPad, or other electronic device is limited to class-related purposes.

Campus Email: Students are expected to check their campus email and Blackboard regularly for information regarding this course. If I need to communicate with the class, I will email you via your @lasierra.edu email address.

Contract: This syllabus serves similar purpose as a contract. By enrolling in this class you are accepting the syllabus and thereby entering into agreement. *The instructor reserves the right to make modifications to the syllabus (contract) as deemed necessary and will provide students as much notice as possible.*

Special Assistance: It is the policy of La Sierra University to accommodate students with disabilities. Any student with a documented disability who requires reasonable accommodations should contact the Office of Disability Services, at (951) 785-2453 or ability@lasierra.edu. The office is located in La Sierra Hall, Suite 100. Students with documented disabilities who require reasonable accommodations in order to participate in course activities or meet course requirements should contact the instructor during the first two weeks of the quarter.

HLSC 120 Lifetime Fitness LAB

Course Organization: This class allows you to actually get academic credit for working out! The class will consist of the cardiovascular, strength, flexibility, and other selected fitness activities. You must have and use a workout towel, or purchase one at the Fitness Center desk for \$2. IDs are required to enter the Fitness Center. Lockers are available to check out for the year. You are welcome 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. The three main components of our exercise sessions are: aerobic/cardio, strength, and flexibility.

Dress: Modest attire appropriate for movement in exercise labs includes exercise shorts (no belt loops, external zippers, or clothing that will damage the upholstery), sweats (absolutely no jeans), warm-ups, and gym shoes (no sandals). If you are not dressed appropriately, you will NOT be allowed to exercise and you will have to complete a “Make-Up Lab.”

Aerobic Activity: For the first few weeks of class, a minimum of 15 minutes of aerobic (cardio-respiratory) exercise is required using bicycle, stair-stepper, treadmill, or elliptical machines. A minimum of 20 minutes of cardio is required by mid-term. Heart rates (HRs) must be raised to 70-80% of maximum HR. HR counts must be recorded within seconds of finishing your exercise. Record all pertinent information on your workout sheet.

Strength Training: Each class, you will perform exercises in each of the nine muscle groups (shoulders, biceps, triceps, abdomen, hamstrings, quadriceps, back, chest, & calf). You will begin with 1 set of 8-12 repetitions (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 may be added throughout the course. There are many different principles and procedures, and “one size does *not* fit all.”

We will use the Body Master machines and the free weights. The name of the machine, the muscle being worked on, and procedure is printed on each machine. If you do not know how to use the machine, ask the instructor. For weight adjustment, T-handles are pulled and round-knobs are unscrewed. Each machine must be set for you to insure a safe and effective workout. For free weights (barbells and dumbbells), you will need a spotter for every exercise for safety. *You must re-rack your weights and follow all Fitness Center etiquette.*

What follows is the method that is most effective for our class structure and time limitations:

1. By the second week, you will have established the amount of resistance (weight) that you should use for each exercise. This is identified as a weight you can lift 8-12 times – but NO MORE. In other words, you achieve acute muscular fatigue (not psychological fatigue). If you can perform the exercise 13 or more times, it is time to add more weight.
2. When you can do 13+ repetitions of an exercise, you should add 5-10% additional resistance (weight) at your next workout. You will then probably be able to perform only 7-8 repetitions. Continue with this weight until you can again do 13+ repetitions, and then repeat the process. This is known as “progressive overload.” This procedure is essential if you wish to continue gaining muscular strength.
3. When strength training, be sure to have at least 48 hours of recovery time between each strength workout for specific muscle groups (i.e., M/W or T/R).

Important Tip: Exhale on the effort. DO NOT HOLD YOUR BREATH. 48 hours is required for muscle recuperation; for this reason, we do not accept two workouts on the same day.

Setting Goals: Once you have found a starting weight that is comfortable for you, you should set goals for each of the exercises/lifts that you wish to obtain during the quarter. Make sure the goals are realistic.

Body Master Machines

Arm Curls (Biceps Curl)
Triceps Extension
Chest Press
Abdominal
Shoulder Press
Back Extension
Lateral Raise
Seated Pecs
Rowing
Seated Leg Press
Leg Curl
Leg Extension
Lat Pull Down
Heel Raises
Adductor/Abductor

Free Weights*

Dumbbells OR Barbells:
Biceps Curl
Triceps Extension
Chest Press (Bench Press)
Shoulder Press
Lateral Raise
Seated Pecs
Rowing/Upright Row

Other:
Incline Sit-Up
Chariot
Jumper
T-Bar
Back Squat
Hip Flexor (Leg Lifts)
Dip Assist
Inverted Leg Press

*Free weights allow you freedom to do different exercises with different kinds of weights.

Flexibility: Stretching at the beginning and end of each class is your responsibility, and part of your grade. Stretch for at least 5 minutes, doing 10-12 different stretches, holding each stretch for 30 seconds. Don't forget to record your stretches on your workout sheet!

COURSE SCHEDULE

DATE	READING	TOPIC	DUE	WORKOUTS
9/23	Syllabus	Course Introduction Fitness Center Orientation	Topics of Importance	Intro to Class & Machines
9/25	Ch. 1	Introduction to Wellness	Syllabus Quiz Labs 1.2	15 min Cardio 1 set on Machines 5 min Stretching
9/30	Ch. 2 Ch. 3	Physical Fitness Cardiorespiratory Endurance, pt 1 Walking/Jogging/Running, p. 91	RealAge & TestWell (online) Quiz Ch. 1 Labs 2.1, 2.2 Lab 3.1 (in class)	Cardio: Track 5 min Stretching (with instructor)
10/2		PRE-Fitness Assessment Protocols	Fitness Assessments	Assessments
10/7	Ch. 3	Cardiorespiratory Endurance, pt 2	Quiz Ch. 2 Lab 3.2 (in class)	15 min Cardio Intro to Free Weights 5 min Stretching
10/9	Ch. 8	Nutrition	Quiz Ch. 3 Vitabot Food Label Wkst	15 min Cardio 1-2 sets Strength 5 min Stretching
10/14	Ch. 8	Food Labels	Bring food/drink item	Machines Circuit
10/16	Ch. 4	Muscular Strength & Endurance	Quiz Ch. 8	18 min Cardio 1-2 sets Strength 5 min Stretching
10/21	Ch. 5	Flexibility & Low Back Health	Quiz Ch. 4	18 min Cardio 1-2 sets Strength 5 min Stretching
10/23	Ch. 6	Body Composition	Quiz Ch. 5 Lab 6.2	Circuit in Main Gym
10/28	Ch. 7	Putting Together a Fitness Program	Quiz Ch. 6	18 min Cardio 2 sets Strength 5 min Stretching
10/30	Ch. 7	Workshop: Designing Your Own Fitness Program	Labs 4.3, 5.2, 7.1, 7.2 (in class)	20 min Cardio 2 sets Strength 5 min Stretching

11/4	Ch. 9	Weight Management	Quiz Ch. 7 Labs 9.1, 9.3	20 min Cardio 2 sets Strength 5 min Stretching
11/6	Ch. 9	Weight Management Programs	Discuss various options	Circuit on Gym Stage
11/11	Ch. 10	Stress Management	Quiz Ch. 9 Labs 10.1, 10.2	20 min Cardio 2-3 sets Strength 5 min Stretching
11/13	Ch. 11	Preventing Cardiovascular Disease	Quiz Ch. 10 Labs 11.1	Machines Circuit
11/18		Make-up Presentations Other Lifetime Health & Fitness Topics	Quiz Ch. 11 All Missing Labs	20 min Cardio 2-3 sets Strength 5 min Stretching
11/20		Personal Fitness Programs—give brief description in class	Project Due: “Personal Fitness Plan”	Cardio: Track (Lab 3.1 follow-up) 5 min Stretching
12/2		POST-Fitness Assessments	Bring All Physical Fitness Assessments	Fitness Assessments
12/4		Review for Final Exam Exam covers Chapters 1-8, 10	Fitness Assessment Summary Sheet due	Fitness Activity
12/11	WEDNESDAY	FINAL EXAM = 2:00 – 4:00 pm Cossentine Hall, Room 100	Course Evaluation (<i>online</i>)	none