

# HLSC120-03

## Lifetime Fitness (2 units)

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Office Hours: By Appointment Only

### 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.

### HES Student Learning Objectives

1. Demonstrate learned competencies and skills as part of learning activities and experiences.
2. Identify, assess, and analyze human movement in different contexts.
3. Understand how the social, cultural, economic, political, and biological environments affect both personal and community health.

### Student Learning Objectives

By the end of this course, students who invest quality time, effort, energy and thought in fulfilling the requirements will be able to:

1. Understand how current lifestyle choices affect all dimensions of wellness, but particularly physical wellness, now and in the future.
2. Demonstrate understanding of the components and principles of physical fitness.
3. Complete a variety of fitness assessments and effectively use the data to build a personalized physical fitness plan.
4. Design a comprehensive personal fitness plan in pursuit of a healthy lifestyle.
5. Correctly perform basic exercises to improve physical fitness.
6. Describe the principles of body composition and its connection to health and wellbeing.
7. Demonstrate understanding of basic concepts of nutrition science.
8. Identify what stress is and describe techniques for preventing and managing it.
9. Describe these contributing factors to physical wellbeing: rest, fresh air, water, light.
10. Describe the benefits of physical fitness and the consequences of the lack of physical fitness and poor lifestyle choices.

### Submission and Assessment of Late Assignment Policy

1. **Students are expected to submit assignments on the assigned due date.**
2. **Assignments submitted after the due date will receive an automatic zero points.**
3. In the event of extenuating circumstances, a student may request an extension without penalty from the instructor if notified immediately. Examples of acceptable reasons include: hospitalization of student or immediate family member, death or funeral of immediate family member or student illness. Original, official, signed paperwork is required.

### Required Materials

- Fit & Well Alternate 11<sup>th</sup> Ed (978-0077770396)
- Blackboard access
- Athletic attire & shoes
- Towel & ID card

### Prerequisites

NONE

### Assessment & Grading

Assessments: 25%  
Workout Sessions: 25%  
Assignments: 25%  
Final Exam: 25%  
*\*detailed info on second page*

### Standards

A = 93 - 100%  
A- = 90 - 92%  
B+ = 88 - 89%  
B = 83 - 87%  
B- = 80 - 82%  
C+ = 78 - 79%  
C = 70 - 77%  
C- = 68 - 69%  
D+ = 64 - 67%  
D = 60 - 63%  
F = below 60%

### Late Policy

No work will be accepted late

### Campus Email

Students are expected to check their campus email daily

## Attendance

Attendance at all classes, laboratories and other academic appointments is required. **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 to the instructor (via email) as soon as possible and before the next class. Written documentation by an external entity must be provided (doctor’s note, etc.).

Arriving late and leaving early to classes, laboratories and other academic appointments is unprofessional. This may result in reduced points for that day. If you are more than 10 minutes late or leave 10 minutes early to any scheduled course meeting or lab, you will be marked as absent for the entirety of the two-hour session and will not earn any points for in-class activities.

## Professionalism

**To prepare students for the professional world, certain behaviors/activities are not allowed in the classroom/lab:**

- Cell phones should be turned off before entering the classroom. Texting, messaging, talking on phone, etc. are not permitted.
- Picture-taking and recording during class is not allowed.
- Laptops/iPads should not be used for surfing the web or watching movies during class. It is disrespectful and unprofessional to use these devices inappropriately during class.
- Late assignments are unacceptable.
- Tardiness is unprofessional behavior.
- Eating in class: Please do not bring food or beverages to class. Water is permitted.
- Do not be disruptive or disrespectful to your colleagues and instructors. You may be asked to leave.
- When communicating via email with instructor, always use proper language and respectful address. Also include your name, course and section # as well as your email.

Presentation is important. Your attention to detail, demeanor, and attire factor into how you are perceived as a professional. Active participation in class discussions and critiques is an essential part of learning. Without participating and expressing opinions and thoughts, it is impossible to clarify your goals and develop a personal style.

## 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 applied to exercise sessions; what you record on your exercise log must reflect exercise you actually performed. For details please see: <http://lasierra.edu/academic-integrity/>

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 seriously. La Sierra University’s policy and other important information regarding academic honesty can be found at: <http://lasierra.edu/academic-integrity/>

## 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 [ods@lasierra.edu](mailto:ods@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.

## Contract

This syllabus serves as a similar purpose as a contract. By enrolling in 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 he/she deems necessary and will provide students as much notice as possible.*

## Evaluation of Student Performance

The course is based on 800 points = 100%

1. Assessments – 200 points (25%)
2. Exercise Sessions – 200 points (25%)
3. Assignments – 200 points (25%)
4. Final Exam – 200 points (25%)

## Assessments (25%)

### Fitness & Wellness Assessments

Physical 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 lipids. Grading of assessments is based upon completing the measurement process and filling the forms out correctly. Grades are not based on specific assessment scores such as your strength or body fat.

**TOTAL POINT VALUE: 100 points**

1. Real Age – 10 points
2. Test Well – 10 points
3. Vitabot – 20 points
4. Lipid Assessment – 10 points
5. Fitness Pre-Assessment – 25 points
6. Fitness Post-Assessment – 25 points

### FITT Project

The FITT Project will be a key feature of this course challenging the student to design a personalized fitness plan and keeping it for a period of seven weeks.

**TOTAL POINT VALUE: 100 points**

## Exercise Sessions (Fitness Center) (25%)

The exercise 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 proper sheets provided, you will receive full credit.

**TOTAL POINT VALUE: 200 points (16 sessions total; 12.5 points each)**

## Assignments (25%)

### Worksheets

Three worksheets will be completed in class.

**TOTAL POINT VALUE: 35 points (Lab 2.1 = 10; EMI-2 = 10; Food Labels = 10; Lab 10.1 = 5)**

### Study Notes

Instructors will make study sheets available to you, where you have to fill in the blanks, answer short questions, or complete multiple-choice questions. There will be ten total study notes handouts.

**TOTAL POINT VALUE: 90 points (10 points each)**

### Special Topics Presentation/Responses

**TOTAL POINT VALUE: 75 points (Presentation = 25; Response Day 1 = 25; Response Day 2 = 25)**

## Final Exam (25%) (Important exam instructions! Please READ!)

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.

**TOTAL POINT VALUE: 200 points**

If you ever have any concerns, questions, or comments, please do not hesitate to contact me via email, phone or in person.

I am here to assist and support your learning process!

## Outline & Schedule

Date	Topic	Homework Due	Read Before	Fitness Center Exercise Sessions
3/30/2015	Introduction & Syllabus <i>Worksheet #1: Lab 2.1 (do in class)</i>		Syllabus	Introduction to Fitness Center (No Workout)
4/1/2015	Physical Inactivity Epidemic & Hypokinetic Disease <i>Real Age and SN 1</i>			Session 1
4/6/2015	Introduction to Wellness & Physical Fitness <i>Test Well. EMI-2 and SN 2</i>	<b>Study Notes 1</b> <b>Real Age</b>	Ch. 1, 2	Session 2
<b>4/8/2015</b>	<b>Lipid Assessments 7:00 – 10:30am</b> <i>Appointment Times Assigned</i>	<b>Human Performance Lab</b>		
4/8/2015	PRE-Fitness Assessments <i>Fitness Assessment Sheets</i>			<i>Assessments</i>
4/13/2015	Principles of Health Fitness Psychology <i>SN 3</i>	<b>Study Notes 2</b> <b>Worksheet #2: EMI-2</b>		Session 3
4/15/2015	Putting Together a Complete Fitness Program <i>FITT Project</i>	<b>Test Well</b> <b>FITT Project Goals/Plan</b>	Ch. 7	Session 4
4/20/2015	Nutrition – 1 <i>SN 4 and Vitabot</i>	<b>Study Notes 3</b>	Ch. 8	Session 5
4/22/2015	Nutrition – 2 <i>Worksheet #3: Food Labels (do in class)</i>			Session 6
4/27/2015	Cardiorespiratory Fitness – 1 <i>SN 5</i>	<b>Vitabot</b> <b>Study Notes 4</b>	Ch. 3	Session 7
4/29/2015	Cardiorespiratory Fitness – 2			Session 8
5/4/2015	Muscular Strength & Endurance Fitness <i>SN 6</i>	<b>Study Notes 5</b>	Ch. 4	Session 9
5/6/2015	Flexibility Fitness & Low Back Health <i>SN 7</i>		Ch. 5	Session 10
5/11/2015	Body Composition <i>SN 8 and Lab 10.1</i>	<b>Study Notes 6</b>	Ch. 6	Session 11
5/13/2015	Weight Management <i>Special Topics</i>	<b>Study Notes 7</b>	Ch. 9	Session 12
5/18/2015	Stress & Rest <i>SN 9</i>	<b>Study Notes 8</b> <b>Worksheet #4: Lab 10.1</b>	Ch. 10	Session 13
5/20/2015	Special Topics in Health & Fitness Presentations Day 1 <i>Presentation Worksheet (do in class)</i>			Session 14
<b>5/25/2015</b>	<b>NO CLASS!! (Memorial Day)</b>			
5/27/2015	Special Topics in Health & Fitness Presentations Day 2 <i>Presentation Worksheet (do in class)</i>	<b>Study Notes 9</b>		Session 15
6/1/2015	POST-Fitness Assessments <i>Fitness Assessment Sheets</i>			<i>Assessments</i>
6/3/2015	Final Exam Preparation	<b>FITT Projects (Completed)</b>		Session 16
<b>6/10/2015</b>	<b>FINAL EXAM (2:00pm)</b> <b>This is a multi-section exam! Note the Special time SPECIFIC for THIS class!</b>	<b>Cossentine Hall</b>		

**\*Black font is topic of the day**

**\*Blue font is work to be completed in class**

**\*Green font is homework assigned**

**\*Orange font is homework due**

## Workout Sessions

**Description:** The workout portion of the class will consist of 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.

**What to bring:** You are welcome to bring a water bottle (capped only) or use the drinking fountain as needed. Backpacks, books, purses and other personal items are NOT allowed in the Fitness Center so either need to be placed in a locker (you may check one out with the Fitness Center desk worker) or remain on the cart outside the Fitness Center. Bring your **LSU ID card and workout towel** to enter the Fitness Center each time you come to class, and other times that you plan to workout. **Without a towel, ID card or appropriate workout clothes, you will not be allowed to participate in lab, thus forfeiting points as determined by your instructor.**

**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 (no jeans), warm-ups, and athletic shoes (no sandals). If you are not dressed appropriately, you will NOT be allowed to exercise and therefore will not be able to earn the points for that day's workout session. You will not be able to make up a workout session due to forgetting to dress appropriately or forgetting to bring a towel or your ID card.

## Student Affidavit

HLSC 120 Lifetime Fitness  
Winter 2015

I have carefully reviewed the syllabus and have had the opportunity to ask questions of the professor. I am aware of the grading policy, the course requirements, the Academic Integrity Policy, and the resources I have available to me.

I commit to the following for this course:

- \_\_\_\_\_ continue to review the syllabus regularly throughout the quarter to plan for success
- \_\_\_\_\_ develop a time management system to keep myself organized for this course
- \_\_\_\_\_ arrive to class on time, prepared for success
- \_\_\_\_\_ give my best effort consistently
- \_\_\_\_\_ be an effective learning partner with my classmates

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Professor Affidavit

HLSC 120 Lifetime Fitness  
Winter 2015

I have carefully developed the syllabus and the materials in preparation for this course. I commit to the following for this course:

- \_\_\_\_\_ give my best effort consistently
- \_\_\_\_\_ be prepared for class each day
- \_\_\_\_\_ communicate effectively with students with a return email or phone call within a maximum of 24-hours from when I receive communication from students (except weekends from sundown Friday until Monday morning)
- \_\_\_\_\_ return materials to students within one week of the date submitted
- \_\_\_\_\_ partner with students to maximize their opportunity for success
- \_\_\_\_\_ care about my students' personal and professional growth

\_\_\_\_\_  
Stephanie Adrian

Printed Name

\_\_\_\_\_  
*Stephanie Adrian*

Signature

\_\_\_\_\_  
3/30/2014

Date