

Fitness and Wellness Courses

Course #	Course Name	Faculty	Student Learning Outcomes
PEPF81	Fitness and Wellness Center	Gagen, Kane, Smith	<ol style="list-style-type: none"> 1. This class will provide students with a knowledge base that will allow them to evaluate exercise literature and participate in exercise programs, intelligently. 2. This course will demonstrate the relationship between specific exercises and desired outcomes using field and laboratory testing. 3. This course will promote lifelong exercise habits through participation in a wide variety of activities (E.G., Weight Training, Aerobics, Par Courses, Jogging, Rope Jumping, Exercycling, and visits to other activity classes). 4. The student will know how to evaluate exercise programs and related literature, critically. 5. The student will have had first-hand experience with field and laboratory tests of physical fitness. 6. The student will have set goals and self-evaluated his progress toward his goals on a weekly basis. 7. The student will have maintained his ideal bodyweight or he will have lost 1 lb. per week if he is overweight.
PEPF83	Fitness and Wellness I	Kane, Smith, Miller, Shaw	<p>Analyze their exercise and lifestyle habits to identify their fitness level, health risks, and needs.</p> <p>Set realistic and measurable goals for improving their reserve capacity for cardio-respiratory fitness, muscular strength, and flexibility.</p> <p>Recognize the difference between health-related fitness and performance-related fitness.</p> <p>Compare exercise modalities for effectiveness, efficiency, and exercise risk.</p> <p>Design a safe, sane, and efficient exercise program to improve aerobic capacity, muscular strength, and flexibility.</p> <p>Evaluate the effectiveness of their exercise program.</p> <p>Compare and evaluate the quality of information-sources for exercise.</p>
PEPF629	Physical Fitness	Poto	N/A
PEPF681	Human Performance Laboratory	Gagen, Smith, Eyman	N/A

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Course #	Course Name	Faculty	Evaluation Methods
PEPF81	Fitness and Wellness Center	Gagen, Kane, Smith	N/A
PEPF83	Fitness and Wellness I	Kane, Smith, Miller, Shaw	<p>Laboratory Report(s): Students complete self-administered tests of physical fitness and record their workouts throughout the semester. Summary reports are evaluated periodically for accuracy, completeness, appropriate goals, and gains. Three workouts per week and a forty-percent gain in overall strength and aerobic capacity are expected.</p> <p>Written Homework: In a short paper, students synthesize, analyze, and prioritize their health risks, exercise and diet, and specific plans for implementing change. An Internet assignment is also graded for quality of unbiased information.</p> <p>Quizzes: Pop-quizzes are used to synthesize key concepts, review definitions, and create exercise prescriptions for people with different activity preferences, and people of different age, sex, fitness level, and health risk.</p> <p>Homework Problem(s): Students are required to design an efficient exercise program they can fit into their schedule. They are evaluated on systematically increasing their weekly expenditure of aerobic calories to levels associated with reduced health risks.</p> <p>Laboratory Report(s): Students submit workout charts and fitness test results for "goal-checks" periodically and at the end of the semester. These records are evaluated for accuracy, completeness, appropriateness of goals, and overall gains in strength, local muscular endurance, aerobic capacity, and flexibility.</p> <p>Fieldwork: Students attend an athletic event or dance concert to foster the healthy use of leisure time and an appreciation for performance-related fitness.</p> <p>Other (specify): Students are encouraged to bring supplementary material relevant to the content of each lecture. The material is evaluated for being current, relevant, credible, and substantiated with references.</p> <p>Skill Demonstrations: Students are required to perform exercise correctly in the Fitness & Wellness Center. Selected physical fitness tests are used for the evaluation of gains in aerobic capacity, strength, and flexibility. Overall workout quality is evaluated in an ongoing manner for frequency and regularity, appropriate effort, accuracy and completeness of recording, and for progression toward clearly identified goals.</p> <p>Objective examinations: Mid-term and final exams (objective tests) are used to evaluate the student's ability to categorize and differentiate good and poor exercise information and to use such information in solving exercise prescription problems.</p> <p>Oral Presentation(s): Students are required to research a topic on the Internet and report their findings to the class. The clarity of their presentation and the quality of their information are evaluated.</p> <p>Other (describe and explain): Students receive an objective take-home test at their first meeting that is to be turned in at the end of the semester. High scores are expected because the test is used primarily as a "teaching tool" rather than for evaluation; however, low scores are evaluated as poor class performance.</p>
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PEPF681	Human Performance Laboratory	Gagen, Smith, Eyman	N/A