

 **Sample Course Syllabus****OREGON STATE UNIVERSITY
DEPARTMENT OF NUTRITION AND EXERCISE SCIENCES****CONDITIONING: BALANCED FITNESS****PAC 130 (1 credit)****Instructor: Cami Roberts****Email: robercam@onid.orst.edu****Course Description:**

This class provides basic knowledge and experiences necessary for a comprehensive understanding of the relationship of fitness and physical activity to overall health and well-being throughout the lifetime. It offers an individualized approach to fitness with a focus on the individual's personal responsibility for his/her fitness and health throughout life. The online nature of the course provides flexibility to the student for participating in activity on his/her schedule, at locations of his/her choosing. The course provides opportunities for application of the lecture of HHS 231, Lifetime Health and Fitness and can be counted as the lab requirement for this course.

Abbreviated Course Description:

Knowledge and experiences for understanding relationship of fitness and physical activity to overall health throughout lifetime; emphasizes personal responsibility and individual options available in area. Fulfills lab requirements for HHS 231 Lifetime Health and Fitness.

Student Learning Outcome: As a result of successful completion of this course, a student will be able to:

Analyze the health-related components of physical fitness: cardio-respiratory fitness, muscle strength and endurance, body composition, and flexibility.

Identify strength, endurance, and flexibility exercises necessary for overall fitness.

Log participation in workouts designed to improve physical fitness and health.

Identify different types of effective fitness training options.

Maintain or improve overall balance, body strength, and flexibility.

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Develop a personalized and balanced lifetime fitness plan using FITT principle

Assessment of Student Learning:

Total points = 140 points

Activity log and worksheets: 80 points

Discussion Board: 40pts -- Share personal experience after completing labs or &/or reading.

Reading Material: 20 -- Short answer, matching quizzes &/or worksheets

Grading Scale: =>93% = A; 90-92% = A-; 87-89% = B+; 83-86% = B; 80-82% = B-; 77-79% = C+; 73-76% = C; 70-72% = C- or S; 67-69% = D+; 63-66% = D; 60-62% = D-; <60% = F or U. .

Week	Topic	Assignment
Week 1	Current Fitness Level Fitness Testing Heart Rate Zone Short term goal	BB#1: Mile Run BB#2: HRT Zone
Week 2	Cardiovascular Workout-Activity Log What cardio equipment is best (30-50min workouts 2 or more machines) Trail running adventure (trail, route, road)	Activity Log 1 & 2 DB: #1
Week 3	Muscular Strength (Reps, Sets, Max, Percent?) Periodized Training (reading)	Activity Log 3 & 4 DB #2
Week 4	Muscular Endurance (circuit)	Activity Log 5 & 6
Week 5	Flexibility (Yoga and/or Pilates)	Activity Log 7 & 8
Week 6	Which is better DVD or group fitness? (personal choice try both)	DB #3
Week 7	Community (resources: clubs, community centers, bike trails, golf course, pool) How to choose a health club	DB #4 Activity Log #9
Week 8	Warm Up/Cool Down (create and follow) Dynamic/Functional: Balance, Agility, Power, Speed, Reaction Time	BB #3

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Week 9	How to choose exercise video (article)	DB# 5 Activity Log # 10
Week 10	FINAL: Reassess/Future Goal/Principle of Fitness:	BB #: Mile Run BB#: Future Goal using Principle of Fitness.

Plagiarism

You are expected to submit your own work in all your assignments, postings to the discussion board, and other communications, and to clearly give credit to the work of others when you use it. Academic dishonesty will result in a grade of "F." Link to Statement of Expectations for Student Conduct: <http://oregonstate.edu/admin/stucon/achon.htm>.

Students with Disabilities

Accommodations are collaborative efforts between students, faculty and [Disability and Access Services \(DAS\)](#). Students with accommodations approved through DAS are responsible for contacting the faculty member in charge of the course prior to or during the first week of the term to discuss accommodations. Students who believe they are eligible for accommodations but who have not yet obtained approval through DAS should contact DAS immediately at 541-737-4098.

Course Evaluation

We encourage you to engage in the course evaluation process each term – online, of course. The evaluation form will be available toward the end of each term, and you will be sent instructions by Ecampus. You will login to "Student Online Services" to respond to the online questionnaire. The results on the form are anonymous and are not tabulated until after grades are posted.

Textbook Information:

NOTE: For textbook accuracy, please check the textbook list at the OSU Bookstore website (<http://www.osubeaverstore.com/>). Syllabi may not have the most up to date textbook information!

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