

# FLORIDA INTERNATIONAL UNIVERSITY

## Dual Enrollment Foundations of Fitness (3 Credits) PEM 2101

### **MENTORS:**

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### **TEXTBOOK & MATERIALS:**

**Title:** Fit to Be Well by *Alton L. Thygerson & Steven M. Thygerson*

**Publisher:** Jones & Bartlett Learning

**ISBN:** 9781284146684

**COURSE DESCRIPTION:** Concepts related to the evaluation, development, and maintenance of fitness, including principles of training, weight control and stress reduction will be covered in this course.

### **COURSE OBJECTIVES/LEARNING OUTCOMES**

Upon completion of this course, the student will be able to:

- Describe the benefits of routine physical activity.
- Describe the Stages of Change model used in changing to a healthy lifestyle.
- Determine how much physical activity is needed each week and how to prepare for physical activity.
- Measure and assess your cardiorespiratory endurance, and then design an appropriate cardiorespiratory exercise program.
- Define and assess flexibility, and implement stretching into an exercise program.
- Describe effective muscle training exercises and assess muscular strength and endurance.
- Design an effective muscle training program.
- Describe the major components of nutrition and how to change to a healthy diet.
- Describe methods to assess body composition, and identify strategies for effective weight management.
- Identify common symptoms and sources of stress as well as useful strategies for coping with stress.
- Describe a lifetime fitness program.

## **COURSE REQUIREMENTS AND GRADING STANDARDS (SUBJECT TO CHANGE)**

Amendments to Syllabus:

The instructor reserves the right to make changes to this syllabus and the class agenda. If such changes are made, the instructor will provide email notification and verbal confirmation in class.

Final grades will be calculated on a strict percentage rating and are non-negotiable:

A = 93% and above

B = 83 – 86.9%

C = 70 – 76.9%

A- = 90 – 92.9%

B- = 80 – 82.9%

D = 60 – 69.9%

B+ = 87 – 89.9%

C+ = 77 – 79.9%

F = 59.9% or less

### **MATERIALS NEEDED:**

Calculator

Stop Watch

Tape Measure

Sit & Reach Box

Walking Track

Scale

Metronome

12-Inch Box

Body Fat Calipers

Weight Room

Midterm	50 Points
Final Exam	50 Points
Healthy Lifestyle Questionnaire (Lab 1.1)	5 Points
Determining Stage of Change (Lab 3.1)	5 Points
Personal Contract (3.2)	5 Points
Par-Q (Lab 4.1)	5 Points
Stages of Change Questionnaire (Lab 4.2)	5 Points
Barriers to Being Active (Lab 4.3)	5 Points
Heart Rate & Max Heart Rate (5.1)	5 Points
1 Mile Walk Test (Lab 5.2 - Activity 1)	5 Points
1.5 Mile Run Test (Lab 5.2 - Activity 2)	5 Points
YMCA Step Test (Lab 5.2 - Activity 3)	5 Points
Tracking Cardiovascular Endurance (Lab 5.3)	5 Points

Flexibility Assessment (Lab 6.1)	5 Points
Dynamic Flexibility Lab	5 Points
Push-Up Test (Lab 7.1 - Activity 2)	5 Points
Sit-Up Test (Lab 7.1 - Activity 3)	5 Points
Assessing Muscular Strength (Lab 7.2 - Activity 1)	5 Points
Recording Muscular Strength and Endurance (Lab 7.3 - Activity 1 and 2)	5 Points
Resistance Training (Lab 7.3 - Activity 4)	25 Points (5 points each)
Online Diet/Nutrition Analysis (homework) (Lab 8.1)	5 Points
Fast Food (homework) (8.2)	5 Points
Food Label (homework) (8.3)	5 Points
Grocery Store (homework) (8.4)	5 Points
Assessing Your Body Composition (9.1 - Activities 1-5)	25 Points (5 points each)
Assess Total Daily Energy Needs (Lab 9.2)	5 Points
Stress Assessment (Lab 10.1 - Activity 1-2)	10 Points (5 points each)
Time Management (Lab 10.2 - Activity 1-2)	10 Points (5 points each)
Creative Problem Solving (Lab 10.4 - Activity 1-2)	10 Points (5 points each)
Decision Making (Lab 11.1)	5 Points
Health Food Store Visit (homework) (Lab 11.2)	5 Points
Fitness Club Visit (homework) (Lab 11-3)	5 Points
Cardiovascular Fitness Paper	50 Points
Weight Training Project	50 Points
<b>Total Possible Points</b>	<b>405 Points</b>

## **COURSE OUTLINE/SCHEDULE (TENTATIVE)**

<b><u>Lesson</u></b>	<b><u>Topic</u></b>	<b><u>Textbook Chapter Readings</u></b>
Lesson 1	Introduction to Fitness and Wellness	1
Lesson 2	Health Benefits of Physical Activity and Exercise + Lab 1.1	2
Lesson 3	Changing to a Healthy Lifestyle + Lab 3.1 and Lab 3.2	3
Lesson 4	Preparing for Physical Activity and Exercise	4
Lesson 5	Preparing for Physical Activity and Exercise (cont'd) + Lab 4.1, Lab 4.2, and Lab 4.3	
Lesson 6	Cardiorespiratory Endurance	5
Lesson 7	Cardiorespiratory Endurance (cont'd) + Lab 5.1 and 5.2	
Lesson 8	Lab 5.2 - Activity 1 and Lab 5.2 - Activity 3 (Pre-Test)	
Lesson 9	Lab 5.2 - Activity 2 (Pre-Test)	
Lesson 10	<b>***MIDTERM (Chapter 1-5)***</b>	

Lesson 11	Flexibility	6
Lesson 12	Lab 6.1 - Activity 1 and Dynamic Flexibility Lab	
Lesson 13	Muscular Strength and Endurance	7
Lesson 14	Muscular Strength and Endurance (cont'd) + Lab 7.1 - Activity 2 (Pre-Test) and Lab 7.1 - Activity 3 (Pre-Test)	
Lesson 15	Lab 7.2 - Activity 1 (Pre-Test)	
Lesson 16	Lab 7.3 - Activity 4 (create your own workout)	
Lesson 17	Practice for Lab 5.3 and 7.3 (Activity 1 and 2)	
Lesson 18	Lab 7.3 - Activity 4 (create your own workout)	
Lesson 19	Practice for Lab 5.3 and 7.3 (Activity 1 and 2)	
Lesson 20	Lab 7.3 - Activity 4 (create your own workout)	
Lesson 21	Practice for Lab 5.3 and 7.3 (Activity 1 and 2)	
Lesson 22	Lab 7.3 - Activity 4 (create your own workout)	
Lesson 23	Practice for Lab 5.3 and 7.3 (Activity 1 and 2)	

Lesson 24	Practice for Lab 5.3 and 7.3 (Activity 1 and 2)	
Lesson 25	Lab 7.3 - Activity 4 (create your own workout)	
Lesson 26	Practice for Lab 5.3 and 7.3 (Activity 1 and 2)	
Lesson 27	Nutrition + Weight Training Project	8
Lesson 28	Nutrition (cont'd) + Homework Assignments 8.1, 8.2, 8.3 and 8.4	
Lesson 29	Body Composition and Body Weight	9
Lesson 30	Body Composition and Body Weight (cont'd) + Lab 9.1 (Activity 1-4)	
Lesson 31	Lab 9.1 - Activity 5, Lab 9.2	
Lesson 32	Stress Management	10
Lesson 33	Lab 10.1 (Activity 1 and 2), Lab 10.2 (Activity 1 and 2)	
Lesson 34	Continue Chapter 10 Labs Lab 10.4 (Activity 1 and 2)	
Lesson 35	Making Informed Decisions + Homework Assignments 11.1 and 11.3	11
Lesson 36	Lab 11.1 and Review Homework Assignments	

Lesson 37	Lab 5.3 (Post-Test Step Test and Walk Test), Lab 7.3 Activity 1 and 2
Lesson 38	Lab 5.3 (Post-Test 1.5 Mile Run Test)
Lesson 39	<b>***FINAL (Chapter 6-11)***</b>