

PED 104: Theory of Lifetime Physical Fitness
Course Syllabus Spring 2017
1 Credit Hour

Instructor Information

Kelsey Pruss, M.S.

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Course Description

This class introduces the concept of holistic wellness but then focuses in on physical wellness. It will provide students with understanding and hands-on experience regarding how to stay physically well through their lifetime. This class will teach nutrition requirements and physical activities that can lead to sustainable, individualized, good health.

Class Meetings

Even though we DO NOT meet on the first two Tuesdays of the term, I will be taking attendance via email both of those days.

Tuesday, March 28th

Tuesday, April 4th

Tuesday, April 11th

Materials:

There is no formal text for this course. Access to a personal computer/smartphone will be needed for the written project.

Course Objectives

1. Understand basic nutritional concepts and body fat regulation.
2. Understand the principles of physical fitness.
3. Understand the importance of physical fitness and good nutrition in every stage of their life.
4. Understand how to develop a fitness program for themselves using available resources.

Teaching Methods:

1. Lecture and demonstration
2. Class discussion and activities
3. Digital media

Grading:

This is a graded course. Final projects need to be turned in by Friday, May 5th. A late final project will lose 5% for each day late with a maximum of 6 days allowed.

Categories	Weight by %	Points
Exam	40%	96

Final Project	40%	96
Class Attendance (3)	10%	24 (8 each)
Class Participation (3)	10%	24 (8 each)
Total	100%	240

Letter Grade	Point Ranges	Grade Point Value
A	216-240	4.00
B	192-215	3.00
C	168-191	2.00
D	144-167	1.00
F	0-143	0.00

Academic Integrity Policy

Honesty and personal integrity should be honored at all times (not just in this course). Cheating, plagiarism, and any other forms of academic dishonesty will not be tolerated.

Doane University's Academic Integrity Policy will be followed and you can find it here: <http://catalog.doane.edu/content.php?catoid=4&navoid=191>

Drop and Add Dates

If you feel it is necessary to withdraw from the course, please contact your advisor for full details on the types of withdrawals that are available and their procedures.

Accommodations for Students with Disabilities

Students with disabilities substantially limiting a major life activity are eligible for reasonable accommodations in college programs, including this course.

Accommodations provide equal opportunity to obtain the same level of achievement while maintaining the standards of excellence of the university. If you have a disability that may interfere with your participation or performance in this course, please contact me. To discuss accommodation options and other special learning needs you can also contact Tere Francis (email: tere.francis@doane.edu) in the Academic Support Center.

Syllabus Disclaimer

The instructor views the course syllabus as an educational contract between the instructor and students. Every effort will be made to avoid changing the course schedule but the possibility exists that unforeseen events will make syllabus changes necessary. The instructor reserves the right to make changes to the syllabus as deemed necessary. Students will be notified in a timely manner of any syllabus changes face-to-face, via email or in the course site Announcements. Please remember to check your Doane University email and the course site Announcements often.