



**DOANE**  
UNIVERSITY

## Course Overview

<b>Course Title</b>	Theory of Lifetime Fitness
<b>Course and Section Number</b>	PED-104-ONL
<b>Number of Credits</b>	1 Semester Credit
<b>Term</b>	22/AUTM
<b>Course/Section Dates</b>	08/22/2022 – 10/15/2022
<b>Meeting Time</b>	Class meets online via Canvas
<b>Instructor</b>	Nick Ginapp
<b>Doane Email Address</b>	nick.ginapp@doane.edu
<b>Textbook Information: (e.g. title, edition, publisher, ISBN)</b>	Hopson, Donatelle, Littrell, Get Fit and Stay Well, 2nd Edition ISBN-13: 9780134452289 DIGITAL ISBN-13: 9780134552835 ISBN-10: 0134452283
<b>Additional Course Materials</b>	
<b>Course Description</b>	A half-semester course providing students an understanding of concepts for living a healthful lifestyle. The student will demonstrate an understanding of concepts regarding nutrition, the design of physical fitness routines, and underlying principles of physical fitness.
<b>Foundational Area of Knowledge</b>	Experiential Learning/Fundamentals
<b>Course Learning Outcomes/Objectives</b>	<ol style="list-style-type: none"><li>1. Identify key components of Fitness Principles, Muscular Strength and Endurance, and Improved Nutrition</li><li>2. Describe ways to manage stress</li><li>3. Define Disease and how to lower the risk</li></ol>



# DOANE

## UNIVERSITY

### Technology Requirements

For the successful use of Canvas please refer to Doane University's [minimum computer requirements](#). This may also include:

- Reliable computer and internet connection
- A web browser (Chrome or Mozilla Firefox)
- Adobe Acrobat Reader (free)
- Word processing software -Microsoft or Google Docs
- Webcam and mic

### Syllabus Addendum

[Addendum](#) includes information regarding:

- Academic Support
- Military Friendliness & Services
- Study Time
- Credit Hour Definition
- Catalog and Policies

### Technological Support

If you are in need of technical assistance, please contact the help desk at 402-826-8411 or by email at [helpdesk@doane.edu](mailto:helpdesk@doane.edu).

### Learning Management System

Canvas: <https://doane.instructure.com>

### Campus Network or Canvas Outage

When access to Canvas is not available for an extended period of time (greater than one entire evening - 6pm till 11pm) you can reasonably expect that the due date for assignments will be changed to the next day (assignment still due by midnight).