

Course Description:

Guides students in designing and following their own aerobics and general fitness program. Cooper's 12-minute run and other fitness tests will be used to gauge improvement. Prerequisite: PE 151. One unit.

Objectives:

The student will:

- A design and follow a wellness program,
- B identify their sleep habits
- C identify what causes them stress and how they handle the stress
- D identify their nutrition habits
- E develop habits to continue the program in the future
- F two fitness runs

Students may vary in their competency levels and abilities. You can expect to acquire the concepts presented in this class only if you honor all class policies, attend class regularly, complete all assigned work in good faith and on time, and meet all other course expectations of you as a student.

Text

None

Class Times

Section 2—Monday (does not meet every week).....11:45–12:40 pm + .. Final TimeNone

Seven Class Dates:

Dates	Activity	Item(s) Due
August 30	Classroom M1	Items printed from web site
September 6	Run 1	Contract
September 13	Futrex 1 M2	Semester Plan/Futrex Sheets
October 11	Classroom M3	Report 1
November 15	Run 2	Report 2
November 22	Futrex 2 M4	Futrex Sheets
December 6	MUP Run M5	Summary Paper

Learning Method:

Active participation by the student in exploring his/her wellness program is expected.

Evaluation:

Attendance	Objective—A, E (5 Meetings: 4 points each).....	20 points.....	4%
Reports.....	Objectives—A, B, C, D (2 reports: 75 points each).....	150 points.....	30%
Semester Plan.....	Objective—A	100 points.....	20%
Two Runs (required)	Objective—F (40 points each).....	80 points.....	16%
Summary Paper	Objective—E	50 points.....	10%
Weekly Blogs	Objective—E	100 points.....	20%

A+	N/A	B+	435	C+	385	D+	335
A	465	B	415	C	365	D	315
A-	450	B-	400	C-	350	D-	300

Class Policies

Attendance: The student is expected to be at the three classroom meetings, two Futrex measurements and both runs.

Blogs: You are to blog at the end of each week your positive experiences in each of the four areas. Due by Monday at 1 PM to be counted as on time.

Contract: You are to print, read and sign the class contract. Your signature means that you understand the requirements for this class

Health Problems: Students with any physical problems, which may affect their ability to perform in class, should notify the instructor immediately and put it in writing by September 6.

Late Work: All work is penalized by at least 10% each week it is late.

Make-up Run: There is one scheduled at the end of the semester. You will need to bring someone who is **NOT** running to count for you. Please notify the Instructor beforehand if you are unable to attend a run. Only excused absences are eligible for make-up

S2E2 Plan Paper:

An **8 page (4 pages if done using the extra credit format)** computer-generated paper summarizing the student's wellness program Plan is due September 13. Note: each section starts on a new page and is a minimum of 2 full pages for the standard format or 1 full page for the EC Format. You may have up to one additional page per section.

Topics to Include: An analysis of your experience for each of the four areas (sleep, stress, eating, and exercise). Tell how you plan on continuing any new habits in the future and what additional things you are going to do to be a better caretaker for your health. Each area will have two sections listed on the rubric. **No e-mail files accepted. A Rubric is provided as an additional guide with all of the details.**

Extra Credit Paper Format (Plan Paper):

This is the extra credit opportunity available for this class.

Margins: One inch margins all the way around.

Text: 11 point Times New Roman Headings: Arial Black 12 point

Spacing: One and a half line spacing

Headings: Each page has a head for each of the four areas

Name: Just your name, section number and mail box number on one line at the top right of the first page.

Paper lengths: The minimum is what is listed for each paper. Just ensure that they are full pages.

Staple: All papers will need to be stapled in the upper left hand corner.

Note: The **Plan Rubric** has additional information.

Please Note: the Summary Paper will use the **Extra Credit Formatting** and you will get the information for the requirements at the third class meeting.

Report Schedule: Weeks Beginning

Weekly Reports	Week One	Week Two	Week Three	Week Four	Week five	Date Due
Report 1	August 30	September 6	September 13	September 20	September 27	October 11
Report 2	October 4	October 11	October 25	November 1	November 8	November 15

Please note: the class web site has many help documents that explain about the assignments in this class. We will go over the details on the first day of class.

Class web site: <http://www.super-super.com/hpe152/>

The above schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better student learning.