I. INTRODUCTION:

A. The purpose of this course is to provide students with the necessary guidelines to implement a lifetime exercise and healthy lifestyle program.

B. This course meets curriculum requirement for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

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

A. Explain health-related components of physical fitness.

B. Explain the principles of weight control as related to proper nutrition and exercise.

C. Develop a personal fitness program based on sound physiological principles.

III. INSTRUCTIONAL MATERIALS:

A. The instructional materials identified for this course are viewable through www.ctcd.edu/books

B. Handouts from instructor

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress
4. Pass written examinations

GRADE COMPUTATION

Participation = 70%
Written Examinations = 30%
*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

**ABSENCES AND TARDIES**

- **Absences numbers one (1) and two (2) - No penalty.**
- **Absence number three (3) - 5 points will be deducted from your final grade** (based on 100 point scale).
- **Absence number four (4) - 10 points will be deducted from your final grade** (based on 100 point scale).
- Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)
- **Two (2) points will be deducted from your final grade for each tardy.**
- **There will be no make-up classes.**

The student will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

**ATTENDANCE PROCEDURES:**

It will be the responsibility of the student to sign the attendance sheet before beginning class. Students arriving late to class must sign a tardy sheet. Students who arrive more than 15 minutes after class-time will be counted absent. Students who leave class early without consulting with the instructor will be counted absent. Students who sign in and leave class will be penalized and subject to administrative withdrawal. This action will be considered academic dishonesty.

**CLASS ATTIRE:**

Court shoes or athletic shoes, shorts and T-shirts are the accepted uniform for physical education activity classes. For outside activities when the weather is cold sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out.

Students may not participate in street clothes or street shoes (ie.. jeans, sweaters, shirts, boat shoes, etc..). Students may not wear tank tops or midriff type t-shirts.
MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

V. COURSE OUTLINE:

A. Lectures and work-outs

1. Objective: To participate in discussions from reading assignments.
   a. Exercise prescription
   b. Evaluating fitness activities
   c. Wellness
   d. Nutrition and weight management
   e. Healthy lifestyle approach

2. Activities:
   a. Running/jogging
   b. Aerobics
   c. Circuit training
   d. Weight room
   e. Floor exercises
   f. Jump ropes

B. Fitness Assessments:

1. Pretest to include components of physical fitness.

2. Post-test to evaluate improvement in physical condition.

3. Written exams to evaluate knowledge of the components of fitness and how healthy lifestyle positively affects one’s health.