

**Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 116

Credits: 2

Course Title: Lifetime Fitness and Wellness

Course Description: Provides a study of fitness and wellness and their relationship to a healthy lifestyle. Defines fitness and wellness, evaluates the student's level of fitness and wellness, and motivates the student to incorporate physical fitness and wellness into daily living. A personal fitness/wellness plan is required for the 2-credit course. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

General Course Purpose: Students will use a personal fitness gadget [i.e., Fitbit, Jawbone Up, SmartPhone (MapMyWalk/Run App), Apple Watch, or Wii game console/Wii Fit game (or Wii Fit Plus)], and the necessary peripherals to improve cardiovascular fitness, muscular strength and endurance, and flexibility while promoting lifetime physical activity. The course serves as a general education wellness elective.

Course Prerequisites and Co-requisites:

None

Course Objectives:

Upon completing the course, the student will be able to

- a. Describe the role of fitness and wellness in our society;
- b. Identify the positive health behaviors necessary for one to maintain a high level of physical fitness and personal wellness;
- c. Explain the significance of self-responsibility in minimizing negative lifestyle habits and in enhancing positive lifestyle habits;
- d. Define wellness and fitness, and describe the different dimensions of wellness;
- e. Define and describe health-related and skill-related components of fitness;
- f. List the major body systems involved in physical activity and fitness and how they are affected by training;
- g. Identify guidelines for health behavior change, including strategies for setting goals, overcoming barriers, and staying on track;
- h. Explain key principles of the FITT (Frequency, Intensity, Time, and Type) principle;
- i. Describe strategies for exercise injury prevention, self-care for minor injuries, and guidelines for determining when to seek medical care for an exercise injury;
- j. Identify key safety concerns for physical activity in hot weather, cold weather, and areas with air quality issues, along with practical strategy to address those concerns;
- k. Demonstrate through weekly journal activities the importance of continuing a health and fitness program through self-assessment, goal setting, and behavior change exercises; and

- I. Develop and/or identify personal wellness goals (using the SMART method) to improve and/or maintain the health-related components of fitness: cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

Major Topics to Be Included:

- a. SMART method for planning
- b. Dimensions of wellness
- c. Benefits of exercise
- d. Health-related and skill-related components of fitness
- e. Body systems
- f. FITT principle
- g. Goal setting
- h. Behavior change
- i. Equipment and safety

Effective Date of Course Content Summary: August 14, 2015