| Week 1 | **ORIENTATION** to the Fitness & Wellness class:  
+ General Orientation for Rules, Requirements, Options, Q & A  
+ Create Individual Schedule for Lectures & Exercise  
+ Complete Health History Survey |
|-------|---------------------------------------------------------------|
|       | **INTRODUCTIONS** for the safe, effective, & efficient use of exercise equipment:  
+ **STRENGTH** (M, W, F)  
+ **AEROBIC** (T, Th, Sat) |
|       | **ASSESSMENT INTRODUCTION** for selected strength, aerobic, and wellness tests. |
| Weeks 2-5 | **STARTER PROGRAMS** |
|       | Exercise requirement is 1.5-hr/week for 1-unit class & 3.5-hr/wk for 2-unit class.  
Students may exercise 1-hr more per week for make-ups or extra credit. |
|       | **LECTURES** (Weeks will vary depending on Semester and holiday breaks.) |
| Weeks 5-9 | **STRENGTH & AEROBIC LECTURES** (5-lectures)  
Lecture 1  Ungraded eval. of strength training charts. Review strength Rx and set goals.  
Lecture 2  Target Heart Rate Assignment. Polar HR monitor procedures. Review aerobic Rx.  
Lecture 3  Strength Training PP slides.  
Lecture 4  THR assignment due. Recording aerobic workouts. Review exercise Rx exam.  
Lecture 5  Aerobic PP slides. Aerobic training variations. Exercise Rx Exam. |
| Weeks 10-15 | **WELLNESS & ONLINE ASSIGNMENT LECTURES** (4-lectures)  
Lecture 6  Lifestyle and Controllable Health Risks: “Murder of Sam Seller.” HRA, BMI,  
Waist-to-Hip Ratio (3 online assessments). Introduce Database Article Assignment.  
Lecture 7  Pre-approve database article. PP slides for Lifestyle and Controllable Health Risks.  
Lecture 8  Database article due. Begin student presentations.  
Lecture 9  Student presentations cont. Turn in folders for graded eval. of strength training charts.  
Return Assessments for repeat tests. Complete Exit Survey. |
| Week 15-17 | **CONTINUE WORKOUTS.** |
| Week 16 | **REPEAT ASSESSMENTS DUE.** |
| Week 17 | **INDIVIDUAL GRADE CONSULTATIONS.** |