### Content

| 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**  
Initial evaluation workout charts and setting goals.  Review strength Rx.  

**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 chart.  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).  Intro. Database Article Assignment.  

**Lecture 7**  
Pre-approve database article.  Lifestyle and Controllable Health Risks slides.  

**Lecture 8**  
Database article due.  Begin student presentations.  Final strength training chart eval.  

**Lecture 9**  
Student presentations cont.  Return Assessments for repeat tests.  Complete Exit Survey.  

| Week 15-17 | **CONTINUE WORKOUTS**  
Assessments (Week 16) and final strength chart evaluation.  

| Week 16 | **REPEAT ASSESSMENTS DUE.**  

| Week 17 | **INDIVIDUAL GRADE CONSULTATIONS.**  