

# 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.**