

# 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**      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.**