

PED 101 FOUNDATIONS OF PHYSICAL ACTIVITY

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Medical Deadline Date: (<4 years old) (ASAP) _____

TEXT: *Active Living: A Matter of Choice*, Peel, Bennett, and Combs 2002

PURPOSE OF THE COURSE:

Physical Education is an introductory physical activity course designed to teach the following:

1. The basic components and principles of safe and effective health-related physical activity.
2. The development positive attitudes, knowledge, and skills that enable individuals to plan, implement, modify and maintain health-related physical activity throughout a lifetime.
3. Self-assessment of various health-related fitness components enabling individuals to measure and evaluate their health/ fitness status and progress.
4. The interrelationship between physical activity and disease prevention which leads to higher levels of wellness throughout a lifetime.

COURSE DESIGN:

The format of PED 101 will involve the student attending lecture and exercise lab sessions. The labs will consist of four different types of physical activity: 1) Walk/ Jog 2) Step Aerobics 3) Weight Training and 4) Water Workout. After completing one activity, the instructor will announce the next activity and the appropriate location.

COURSE OBJECTIVES

Upon completion of this course, students will be able to:

1. Define health and optimal wellness.
2. Describe how physical activity contributes to wellness.
3. Define the health-related components of physical fitness.
4. Name, describe and apply guidelines of safe and effective physical activity.
5. Describe the benefits of physical activity.
6. State strategies for behavior change and possible barriers.
7. Describe the relationship between physical activity and cardiovascular disease, cancer, osteoporosis and the aging process.
8. List the leading causes of death and risk reduction strategies for individuals between 18-24 years of age.

9. List the leading causes of death for all age groups and risk reduction strategies.
10. List benefits of four or more types of exercise programs.
11. Self-assess physical fitness components.
12. Write a behavioral change contract.
13. Design a personalized exercise program based on personal goals.
14. Describe the role of physical activity and nutrition in weight control.
15. Describe positive strategies for coping with stress.
16. Identify safe and unsafe exercise practices.
17. Identify steps in physical activity maintenance.
18. Describe and apply ways of self-motivation to initiate and maintain a physically active lifestyle.

PED 101- WEEKLY LECTURE TOPICS

| ASSIGNMENT | CHAPTER READINGS |
|--|------------------|
| 1. Striving for Wellness | 1 |
| 2. Changing Behaviors | 2 |
| 3. Starting Activity | 3 |
| 4. Nutrition and Your Health | 4 |
| 5. Body Composition: Impact of Diet and Exercise | 5 |
| 6. Cardiorespiratory Fitness | 6 |
| 7. Flexibility | 7 |
| 8. Muscular Strength and Endurance | 8 |
| 9. Lifestyle Risks and Risk Reduction for Young Adults | 9 |
| 10. Lifestyle Diseases and Risk Reduction Through the Lifespan | 10 |
| 11. Stress Management | 11 |
| 12. Physical Activity and Aging | 12 |
| 13. Exercise Motivation | 13 |

PED 101- LAB CLASSES- EXERCISE PARTICIPATION

Each student will participate in for different exercise programs. These include: 1) Walk/Jog 2) Step Aerobics 3) Weight Training and 4) Water Workouts.

PED 101 – Course Policies

1. **Lecture/Laboratory Attendance** – Attendance and active participation are required. Three (3) unexcused absences from lecture/lab are allowed with no penalty. The final course grade will be lowered by five (5) points for each additional unexcused absence beyond the allowed number. Excused absences must be documented in writing. (Examples include participation in a required university activity, serious illness, death in family). Documentation should be provided in advance whenever possible.
2. **Tardies** – Arriving late to class is not acceptable and it is the student's responsibility to check in with the instructor at the end of class to have attendance

- recorded. Two (2) tardies count as one absence. And, each additional tardy counts one (1) point off your final grade.
3. **Dress** – Appropriate dress as specified by your lab instructor is required for all activity lab classes.
 4. **Injury** – Report any class-related injury or other injuries to your lab instructor immediately.
 5. **Medical Release Form/Physical** – Each student participating in PED 101 must have an up to-date physical on record with the university (within the last (4) years) and complete a medical release form within the first week of classes. Inform your lab instructor immediately of any change in your health status or a change since your physical. Please provide documentation from your physician regarding this change. Also bring your physician’s instructions for restricted or modified participation to your lab instructor. If you do not have a current physical on file with Student Health Services, You must submit one to your lab instructor by the last day to drop/add without a grade (usually one (1) week).

COURSE EVALUATION:

| | |
|-----------------------------|-----|
| Tests (3) | 70% |
| Inventories (14) | 10% |
| Annotated Bibliography | 10% |
| Physical Fitness Assessment | 10% |

GRADING SCALE:

| | | | | | |
|----|---|--------|----|---|-------|
| A | = | 90-100 | C | = | 74-76 |
| A- | = | 90-93 | C- | = | 70-73 |
| B+ | = | 87-89 | D+ | = | 67-69 |
| B | = | 84-86 | D | = | 64-66 |
| B- | = | 80-83 | D- | = | 60-63 |
| C+ | = | 77-79 | F | = | <60 |

TEST DATES:

- Test 1-June 2, 2003
- Test 2-June 12, 2003
- Test 3-June 24, 2003

PED 101 – Inventory Assignments

| | Due Date |
|--|-----------------|
| 1. Health and Wellness Inventory | 5/27 |
| 2. Personal Contract | 5/28 |
| 3. Calculation Of Target Heart Rate | 5/29 |
| 4. Your Daily Diet Versus the Food Guide Pyramid | 6/2 |
| 5. Calculating Your Body Mass Index | 6/3 |
| 6. Health Related Fitness Assessments | 6/4 |
| 7. Quick Check Flexibility Tests | 6/5 |
| 8. Assessing Need for Strength Training | 6/9 |
| 9. Accident and STD Checklist | 6/10 |
| 10. Risk Factor Analysis: The Game of Health | 6/11 |
| 11. Stress Inventory for Students | 6/12 |
| 12. Can You Live to be a 100? | 6/16 |
| 13. Motivation and Maintenance | 6/17 |