

Master Syllabus

ENS 1118 - Lifetime Physical Fitness & Wellness

Division: Health Sciences

Department: Exercise Science

Credit Hour Total: 3.0

Lecture Hrs: 3.0

Prerequisite(s): DEV 0035AND MAT 0100OR MAT 1110OR MAT 1130OR MAT 1445

Date Revised: September 2016

Course Description:

This course provides an overview of the concepts of physical fitness, conditioning principles and appropriate exercise and health practices with application to lifelong fitness and wellness. Course includes lecture and physical fitness testing.

General Education Outcomes:

- Critical Thinking/Problem Solving Competency

Course Outcomes:

Types of Training

Describe different types of training that contribute to the development of the components of health related fitness.

Assessment Method: Locally developed exams

Performance Criteria:

Correctly answer 70% of exam questions.

Fitness Testing

Identify and describe different types of fitness testing for the five components of health related fitness.

Assessment Method: Locally developed exams

Performance Criteria:

Correctly answer 70% of exam questions.

Myths, Fallacies and Sources of Misinformation

Analyze common myths, fallacies and sources of misinformation in the areas of health, fitness and weight reduction.

Assessment Method: Locally developed exams

Performance Criteria:

Correctly answer 70% of exam questions.

Physical Fitness, Nutrition and Stress Management

Analyze the scientific evidence that exists supporting the value of physical fitness, sound nutritional practices, stress management and wellness.

Assessment Method: Locally developed exams

Performance Criteria:

Correctly answer 70% of exam questions.

Outline:

Introduction to physical fitness and wellness
Benefits of physical activity
Physical activity readiness
Training principles
Cardiovascular fitness
Flexibility
Muscle fitness
Body composition
Nutrition
Stress management
Informed consumer