

Science of Fitness

HLTH 033 055

Credits: 0.5 units / 5 hours

Course Description

This course is designed to help students understand the science of fitness and how this knowledge can be applied to their life now and in the future. In this course students will assess their current level of fitness and then make a plan to increase their physical fitness, maintain a healthy weight, and practice effective stress management. Students will learn the benefits of routine physical activity, how to prepare for physical activity, how to measure and assess cardiorespiratory endurance, muscular strength and endurance, and flexibility, and incorporate them in an exercise program. They will learn the major components of nutrition and a healthy diet, identify strategies for effective weight management, identify common symptoms and sources of stress, along with stress coping strategies, and how to make informed decisions to achieve lifetime fitness.

Graded Assessments: 4 Unit Evaluations; 2 Projects; 2 Proctored Progress Tests

Course Objectives

When you have completed the materials in this course, you should be able to:

1. Describe the benefits of routine physical activity.
2. Describe the Stages of Change model used in adopting a healthy lifestyle.
3. Determine how much physical activity is needed each week and how to prepare for physical activity.
4. Measure and assess cardiorespiratory endurance, and then design an appropriate cardiorespiratory exercise program.
5. Define and assess flexibility, and implement stretching into an exercise program.
6. Measure and assess muscular strength and endurance, and then design an effective strength training program.
7. Describe the major components of nutrition and how to follow a healthy diet.
8. Describe methods to assess body composition, and identify strategies for effective weight management.
9. Identify common symptoms and sources of stress as well as useful strategies for coping with stress.
10. Describe a lifetime fitness program and the informed decisions necessary for achieving fitness for life.

Course Outline

Unit 1: Physical Activity and a Healthy Lifestyle

- Lesson 1: Physical Activity Benefits
- Lesson 2: Changing to a Healthier Lifestyle
- Lesson 3: Preparing for Exercise
- Unit 1 Evaluation
- Project 1

Unit 2: Components of a Physical Fitness Program

- Lesson 4: Cardiorespiratory Endurance
- Lesson 5: Flexibility
- Lesson 6: Muscular Strength and Endurance
- Unit 2 Evaluation
- Progress Test 1

Unit 3: Nutrition, Healthy Weight, and Stress Management

- Lesson 7: The Science of Nutrition
- Lesson 8: Healthy Weight Management
- Lesson 9: Stress Management
- Unit 3 Evaluation
- Project 2

Unit 4: Your Lifetime Fitness Program

- Lesson 10: Injury Care and Prevention
- Lesson 11: Decisions for Lifetime Fitness
- Unit 4 Evaluation
- Progress Test 2

Required Textbook and Materials

(available through Follett virtual bookstore at <http://highschool.nebraska.bkstr.com>)

Textbook: *Fit to be Well*, 2016. Jones & Bartlett Learning. ISBN: 9781284042429