

Miami-Dade Community College
Course Syllabus
HLP 1080



Course: Health & Wellness Activity
Reference: 092526
Time: T/Th 11:40pm-1:55Ppm
Room: G103
Instructor: Susan Summons
Office: G316, cubicle#14
Hours: T/Th 9:50am-11:05am
M/W/F 10:00-11:00am
Text: In Pursuit of Fitness by Stokes, Rothstein, and Schultz
Phone: (305)237-2378
E-mail: ssummons@mdcc.edu

I. COURSE DESCRIPTION AND GENERAL INFORMATION

This course is designed to assist students in understanding their current health status and to provide them with the knowledge of a functional program to attain or maintain optimal health. An analysis of current health status will be determined through a series of fitness workouts and assessments. Students will be encouraged to develop a fitness program and pursue fitness as a lifelong commitment. The course will involve mini-lectures, general information, participation in daily fitness workouts and fitness labs. An important aim of the course is to make the individual more aware of his/her daily behaviors and the implications that it may have on his/her future health.

“A Health Body is- A Healthy Mind” by Susan Summons

II. COURSE OBJECTIVES

- Demonstrate knowledge of his/her current health and fitness status.
- Complete Fitness assessment techniques and compare results.
- Participating Lab activities.
- Coming to class appropriately dressed.
- Participating in Fitness and Wellness Activity.
- Demonstrate an interest in mastering the principles of training.
- Understand fitness and health terms like flexibility, target heart rate zone, cardiovascular, cardiovascular disease and risk factors. Nutrition and weight control.
- Demonstrate the ability to use fitness equipment to assess health such as spirometer, dynamometer, fitron bicycle, blood pressure gauge, electronic skin calipers to measure body composition.
- Demonstrate the ability to participate in selected laboratory activities such as the one mile walk, Resting Heart Rate, THR, Fitness Profile, Vital lung capacity.

III. LEARNING CLIMATE

Interactive, utilizing student participation and fitness assessments as a mode of communication, students will enhance their knowledge and become more aware of their health status while having FUN.

IV. GRADING POLICY, TEST & COURSE REQUIREMENTS

Student evaluation method is fair and provides the student complete control over the opportunity to earn the highest number of points towards a satisfactory grade. **There are no make-ups.** This course will satisfy the general education box or the elective box of the degree audit. Proper exercise attire is required for all class meetings. The final grade will be based on the following scale:

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|---|-------------------|
| 1. Class participation: attendance/daily workouts..... | 20 points-ongoing |
| 2. Written Fitness Labs (from textbook) 10@ 3points each..... | 30 points-TBA |
| 3. Chapter Outlines 9 @ 2points each..... | 18 points-TBA |
| 4. Quizzes- (Chapters 1,2,3) (Chapters 4,5,6)..... | 10 points-TBA |
| 5. Final Exam (Chapters 7,8,9,10)..... | 20 points-June 12 |

Total number of points earned: 98 points

Points & Grade

98-90 = A
80-89 = B
70-79 = C
60-69 = D
Below 60 = F

V. ATTENDANCE

Students are required to attend regularly and participate. No more than one excused absence. Five points assessed for absences and/or non-participation.

VI. BEEPERS AND CELLULAR PHONES

During class time, all cellular phones need to be turned off, and all beepers placed in vibration mode.

VII. IMPORTANT DATES

Last day to drop with a 100% refund:	Thursday, May 10, 2001
Holidays:	Monday, May 28, 2001
Last day to drop and receive a "W":	Sat, May 26, 2001