

**Department of Kinesiology  
University of Georgia**

**PEDB 1920 – Fitness For Life Body Conditioning  
Course Syllabus**

**Course Information**

Fitness For Life Body Conditioning  
PEDB 1920  
Fall 2007 – 1 credit  
Monday, Wednesday, and Friday 11:15AM-12:05PM  
Ramsey 231

**Instructor Information**

Caroline Schik  
Email: [cmschik@uga.edu](mailto:cmschik@uga.edu)  
Office Hours: Monday and Thursday 7:30am-8:30am or by appointment  
Office Location: Ramsey Center 102A

**Course Description:**

The Fitness For Life Body Conditioning class focuses on group warm-up, circuit weight training, cardiovascular conditioning using the indoor track or aerobic machines, and individual flexibility cool-down exercises.

**Student Objectives:**

1. To examine one's personal attitude toward exercise.
2. To understand the role of physical activity in human health.
3. To develop a value for exercise as an integral part of life.
4. To understand the principles for development and maintenance of aerobic fitness, muscular strength, muscular endurance, flexibility, and for controlling and maintaining a health body weight.
5. To guide the student in designing a personal exercise program to promote better health, physical fitness, and increased quality of life.

**Class Policies and Procedures:**

1. Students desiring to withdraw from this class must do so by midterm (Oct. 9).
2. Students should read the "Clearance for Safe Exercise Participation" form provided by the instructor. Students with medical conditions should discuss them with the instructor. The instructor will determine whether medical conditions require a waiver or physician clearance.
3. I encourage you to read the policy on academic honesty in the College Catalog. All academic work must meet the standards contained in "A Culture of Honesty." Students are responsible for informing themselves about those standards before performing any academic work.
4. Athletic clothing and tennis shoes are required. Shorts and T-shirts are recommended.

5. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

**Attendance:**

Regular attendance and class participation are required and are important factors in your final grade. Ten points are deducted for each absence. More than four absences will result in a grade of unsatisfactory. Absences due to illness must be verified by a Physician, the Student Health Service, or by talking with the instructor and getting approval in advance. Students who bring an official written excuse will be able to make up missed work according to the instructor's discretion. I will have an attendance log for each student to sign. If the log is not signed by the student with the last 4 digits of their 810 number, then they are considered absent. Any student caught falsifying a signature will automatically have 30 points deducted from their total number of points.

Any combination of two tardies or instances of leaving class early will be considered an absence. Tardiness by more than 10 minutes will be automatically considered an absence. If you are aware of circumstances or conflicts that will require you to be late or leave early, please discuss them with the instructor.

**Textbook:**

Hoeger, W.W. and S.A. Hoeger. (2005). Fitness and Wellness. 6th Edition. Thomson/Waldsworth, Belmont, CA.

**Topic Outline:**

(This class is ten weeks long and will end on October 24)

Week 1	Introduction to the Course	
Week 2	The Importance of Fitness and Wellness	Chapter 1
Week 3	Assessment of Physical Fitness	Chapter 2
Week 4	Exercise Prescription	Chapter 3
Week 5	Evaluating Fitness Activities	Chapter 4
Week 6	Nutrition for Wellness	Chapter 5
Week 7	Weight Management	Chapter 6
Week 8	Stress Management and Assessment	Chapter 7
Week 9	Healthy Lifestyle Approach	Chapter 8
Week 10	Closure to course	

**No Class on September 3 for Labor Day**

**Course Evaluation:**

All PEDB courses at UGA are graded as “S” (Satisfactory) or “U” (Unsatisfactory). A combined score of 60 is required to receive a grade of satisfactory. The following criteria will be used to evaluate and grade the student’s performance in this class.

<u>ASSESSMENT</u>	<u>POINTS</u>
Attendance	40 points
WebCT Knowledge Component Assignment	40 points
Physical Activity Contract (pg. 4 of syllabus)	10 points
Reflection paper (2) – due one week after TriFit assessment	10 points (5 pts. each)

Refer to the course content page on the WebCT program for a description of the knowledge component assignments.

**ALL QUIZZES MUST BE COMPLETED BY WEDNESDAY, OCTOBER 17, 2007**

**DUE DATES FOR ASSIGNMENTS**

Assignment #1 and Physical Activity Contract	Friday, August 24
Assignment #2	Wednesday, August 29
Assignment #3	Wednesday, September 5
Assignment #4 and notebook	Wednesday, September 12
Assignment #5	Wednesday, September 19
Assignment #6	Wednesday, September 26
Assignment #7	Wednesday, October 3
Assignment #8 and notebook	Wednesday, October 10
Evaluation portion of the Physical Activity Contract	Wednesday, October 17

# Physical Activity Contract

**Goal:** Over the course of the semester, I will improve my fitness level through an individual exercise program. I will try to enjoy the fitness activities I participate in. The health related component of fitness that I have selected to improve is:

\_\_\_\_\_.

My objective:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

To reach my goal, I will:

- 1.
- 2.
- 3.

Activities I will do to support this goal

- 1.
- 2.
- 3.

What are the barriers to this goal and what strategy will I use to overcome it:

- 1.
- 2.
- 3.

Evaluation (during week nine of the class):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Signature: \_\_\_\_\_