

COURSE SYLLABUS
Fitness for Life Jogging, PEDB 1930
Spring 2008, MWF 1:25-2:15PM

Instructor: Daniel Larson
Ramsey Center 346
E-Mail: bshark@uga.edu
Office hours: M 2:30-4:30PM, W 8-10AM, or by appointment.

Course Description: The overall purpose of the course is to promote lifelong participation in physical activity through the exercise mode of jogging.

Course Objectives:

1. Examine your personal attitude toward exercise.
2. Understand the role of physical activity in human health.
3. Assess your physical fitness status.
4. Design a personal exercise program to promote better health, physical fitness and increased quality of life.
5. Develop and participate in a personally designed exercise program to meet your individual needs and interest and to document through testing its effect on health and physical fitness.

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

Class Policies and Procedures:

1. *The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary*
2. Students should read the "Clearance for Safe Exercise Participation" form. Students with existing medical conditions should discuss those conditions with the instructor. Students with medical conditions for which they do not have medical clearance will need to see a physician prior to starting the class.

Clothing: Athletic attire (workout wear: T-shirts, shorts, sweats, or warm-ups are acceptable; women may not wear sports bras as outerwear, no cut-off T-shirts and students may not wear jeans), Tennis, cross-training, or running shoes required. Boots, sandals, or shoes with heels are not permitted. **If a student is not dressed appropriately, the student will be asked to leave and will take an absence.**

Course Outline:

Fitness Tests	Exercise Prescription
Behaviors/Assessment	Nutrition/Weight Management
Safety/Warm-up	Stress/Healthy Lifestyle
Stretching	Fitness Assessment #2

Attendance: Regular attendance and class participation are required and are important factors in your final grade. After the first two unexcused absences, ten points are deducted for each subsequent 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 Dean of Students.

Course Evaluation: The following criteria will be used to evaluate and grade the student's performance in this class. A combined score of 70 is required to receive a satisfactory grade. Only grades of "S" or "U" will be assigned.

Attendance/Participation	40 points
Fitness Knowledge Assignments	30 points
Fitness Knowledge Quizzes	10 points
Training plan design	10 points
Workout journal	10 points
Total	100 points

All academic work must meet the standards contained in "A Culture of Honesty." Each student is responsible to inform themselves about those standards before performing any academic work.

Tentative course schedule:

Week	Date	Topic	Notes	Assignments
1	1/7	Intro	Drop/Add	
	1/9	Fitness Tests		
	1/11	Fitness Tests		
2	1/14	Safety/Warm-up		
	1/16	Stretching		
	1/18	Behaviors/Assessment		Assignment 1,2
3	21 MLK Holiday			
	1/23	Exercise Prescription		
	1/25			Assignment 3
4	1/28			
	1/30	Injury Care/Prevention		Quizzes 1-4
	2/1			Assignment 4
5	2/4			
	2/6	Nutrition		
	2/8			Assignment 5
6	2/11			
	2/13			
	2/15		Conference: SEACSM	
7	2/18			
	2/20	Weight Management		
	2/22			Assignment 6
8	2/25			
	2/27	Stress		
	2/29			Assignment 7
9	3/3		3/4 Withdrawal Deadline	
	3/5	Healthy Lifestyle		Quizzes 5-8
	3/7			Assignment 8
10	Spring Break		Home Exercise	
11	3/17	Fitness Tests		
	3/19	Fitness Tests	Last day of Class	