

UNIVERSITY OF NORTH CAROLINA
AT GREENSBORO

DEPARTMENT OF EXERCISE
AND SPORT SCIENCE

COURSE NUMBER: ESS 220- 03

COURSE TITLE: Physical Fitness for Life

CREDITS: 3:3:0

PREREQUISITES/COREQUISITES: None

FOR WHOM PLANNED: Elective course for the general university student

INSTRUCTOR INFORMATION:

Dr. John Richards

Office: 237-H HHP Building

Phone: 334-3028

Hours: MTWR 1100-1150

Email: jarichar@uncg.edu

CATALOG DESCRIPTION: Lecture course with selected activity experience regarding principles and methods for developing and maintaining physical fitness.

STUDENT LEARNING OUTCOMES: Upon completion of this course students will be able to:

- a. Demonstrate an understanding of the principles of health-related and performance-related physical fitness.
- b. Assess selected aspects of their current level of physical fitness.
- c. Design and implement a personal fitness program.
- d. Exercise sound judgment in making decisions as a fitness consumer.
- e. Apply fitness principles to the physical activity setting.

TEACHING STRATEGIES: Lectures, class discussions, activity learning experiences, student conferences.

EVALUATION METHODS AND GUIDELINES FOR ASSIGNMENTS:

- | | |
|-------------------------------|-----------------|
| 1. Written Exam 1 | 25% (SLO a.) |
| Written Exam 2 | 15% (SLO a.) |
| Written Exam 3 | 15% (SLO a.) |
| 2. Behavior Modification Plan | 20% (SLO b.,c.) |
| 3. Learning Experiences | 25% (SLO d.,e.) |

REQUIRED TEXT: Fahey, T., Insel, P., & Roth, W. (2004). Fit and Well. Boston, MA: McGraw Hill.

TOPICAL OUTLINE: See attached

ACADEMIC HONOR CODE: Each student is required to sign the Academic Integrity Policy on all major work submitted for the course

ATTENDANCE POLICY: Attendance: You are expected to be a productive, contributing member of the class. Your final grade for the course can be affected positively or negatively according to your attendance and participation.

0- 1 absence = +1/3 letter grade
2- 3 absences = No effect on grade
4 absences = -1/3 letter grade

5 absences = -2/3 letter grade
6 absences = - 1 letter grade
7> absences = - 1 letter grade per absence
over the 6th

ADDITIONAL REQUIREMENTS:

Assignments will be accepted but with a reduction in grade if submitted no later than one week beyond the original due date.

University guidelines recommend that for a three-credit course students should devote nine hours per week of out of class for preparation.