

**University of North Carolina at Greensboro
School of Health and Human Performance
Department of Exercise and Sport Science**

**ESS 220: Physical Fitness for Life
Spring, 2001**

COURSE GOALS

- 1. To appreciate the benefits of developing/maintaining high levels of health/fitness.**
- 2. To understand the principles for the development and maintenance of a health/fitness program.**
- 3. To develop and carry out a personal health/fitness program.**

MAJOR COURSE TOPICS

- 1. Evaluating your personal health/fitness.**
- 2. Designing your personal health/fitness program.**
- 3. Nutrition and health/fitness.**
- 4. Cardio-vascular systems and health/fitness.**
- 5. Respiratory system and health/fitness.**
- 6. Muscles and health/fitness**
- 7. Exercise injuries and first aid.**
- 8. Smoking/alcohol and health/fitness.**
- 9. Weight control and health/fitness.**
- 10. Other topics will be based on the current health/fitness literature and students' interest (e.g., stress, exercise and health; ergogenic aids and health; exercise, pregnancy and health, etc.).**

- Final course grade is based on two test grades and two paper grades (together the two paper grades = one test grade), and class absences.
- All students must attend classes. Missing **four** classes will cause the student to be dropped from the course. Being late for class more than **three** times will cause the final course grade to be lowered one grade category (e.g., B to B-, c- to D+, etc.). Being late more than four times will cause the student to be dropped from the course.
- All students are **required** to exercise **three days/week** outside of class except for those with medical/psychological conditions. Non-compliance will cause the student to be dropped from the course. Not turning in an exercise log for each exercise session will cause the final grade to be lowered one grade category each time a log is not turned in (e.g. B+ - B, C- to D+, etc.).
- Students with medical/psychological conditions which cause them to be at health-risk during exercise may be asked to drop the course since ESS 220 is not for the purpose of exercise rehabilitation.

William B. Karper, Ed.D.
Associate Professor
Office phone: 336-334-3035
Home phone: 336-282-5079

TEXTBOOK

Fahey, T.D., Insel, P.M., and Roth, W.T. (1997). Fit & Well (2nd ed.). Mountain View, Calif.: Mayfield Publishing Company.