Course: Lifetime Fitness
Catalog # PED 130-300 and 130-301
CRN# 93162
Meets: Friday Culinary Center  room #223     12:30-2:10
CRN# 93164
Meets: Wed. 2 – 3:50  S114
Instructor: Theresa Marino
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marinot@sunysuffolk.edu
Book:  Fit &Well by Fahey, Insel and Roth - brief addition

Course Objective: To learn the importance of healthy living through physical activity, exercise and nutrition. To individualize a program based on the students goals and lifestyle.

Upon successful completion of this course, students will be able to:
- Demonstrate and describe the significance of some basic physiological principles to the development of a personal fitness program
- Identify personal behaviors that do and do not support a healthy lifestyle
- Analyze and compare the health and fitness benefits derived from various physical activities
- Assess personal fitness level in terms of cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition
- Participate in a variety of cardio-respiratory endurance, muscular strength, and flexibility activities
- Learn about behavior modification
- Understand the concepts of basic nutrition

Goals: To introduce several subjects that will enhance the quality of each student’s life.
Schedule of subjects:
Introduction to Wellness, Fitness and Behavior Modification
Principles of Physical Fitness and exercise
Cardio-respiratory endurance
Muscular strength and endurance
Posture and flexibility and low back health
Relaxation and stress management
Body Composition
Fitness testing and planning your fitness program
Nutrition
Weight management
Disease prevention
Safety
Spirituality
Stress and Addiction

Grade determination: Class participation, mid-term, final, labs, and attendance

Attendance: Any more than 1 absence will result in a 10 point deduction from your grade per absence. More than two late arrivals will be equivalent to one absence. A student is considered late if arriving more than 10 minutes after the start of class.

Mid-term – exam based on the first half of the semester’s work 30%

Final- exam based on the second half of the semester’s work -30%

Assignments or labs will begin in class based on the chapters in the text book. All assignments should be completed before the next chapter begins and will be discussed in class. Ample time will be given to complete assignments. Fifteen labs are required. 30%
Class participation: Student involvement during practical class work is imperative, a positive attitude and collaboration is expected. Students will be expected to read all chapters in the textbook and be prepared to discuss the material in class. 10%

Extra credit assignments will be suggested during the semester. These assignments are optional however they will only add credit to the students’ grade if all mandatory assignments are completed and have been handed in.

An optional report will be assigned to students who desire to improve their grade. This report will be worth up to 5 points toward the final grade. The report will be on alternative medicine. Please get approval of your topic before you start the assignment.

Communication is extremely important and you are advised to discuss any problems or concerns with your instructor through e-mail or by phone. Extra help is always available.

Week 1 – Chapter 1

Week 2 – Chapter 2 plus a two mile walk

Week 3 – Chapter 8 Nutrition

Week 4 – Nutrition

Week 5 – Chapter 6 Body Composition

Week 6 - Midterm Review

Week 7 – Midterm

Week 8 – Chapter 3 Cardio-respiratory conditioning
Week 9 – Cardio-respiratory testing

Week 10 – Muscular Strength and Endurance

Week 11 = Meet at Ultimate Fitness in Riverhead

Week 12 – Flexibility and Low Back Health

Week 13 – Final Review

Week 14 = Final Exam