Course Title: Wellness: A Lifestyle Approach  
Catalog #:  PE 96
Required Text: Principles and Labs for Fitness and Wellness - 8th Edition
Days: Wednesday/Friday  
Time: 8:00 - 9:15 a.m.  
Rm. M103
Instructor: Joyce Brown  
Email: jbrown1015@aol.com

Wellness: The constant and deliberate effort to stay healthy and achieve the highest potential for well being.

Course Objective: To improve the quality of one’s life by better understanding the physical, emotional, mental, social, environmental, occupational, and spiritual aspects. Each student will set personal goals and try their best to achieve them.

Requirements:

Students will be required to dress appropriately for physical activity. Sneakers and non-restrictive clothing is suggested.

Homework assignments will be given for each class meeting. They must be completed and submitted on time.

One final exam will be given. Quizzes will be given periodically (the Final will be 20% of the total grade)

Two Fitness Facility visits/reports will be assigned. Following the visit to a facility, and oral report will be presented. Reports will be typed and double-spaced.(10 points each)

One Diet report/presentation will be assigned. (10 points)

Attendance is mandatory. Any absence must have a Doctor’s note. Two times late = 1 absence. Each absence will result in a 5-point deduction.

Students are required to participate in all labs. This will be a reflection on class participation.

Determination of Grade:

Final Exam = 20%
Reports = 40%
Class Participation = 20%
Assignments = 20%

Fitness Facility Visit and Reports (2/ 10 points each)
Each student will be required to go to two different fitness facilities and write and present a brief report on that facility. This may include a gym, an aquatic facility, a martial arts school. It may even include a local track or fitness and biking trail. Specific questions will need to be answered during the visit.

**Diet Presentation** (10 points)

Each student will investigate a specific diet and explain it to the class, giving examples and the pros and cons of that diet. You may choose to work with a partner. There will be specific questions to answer for the presentation. Examples of diets to choose from include:

- Atkins
- Jenny Craig
- LA Weight Loss
- eDiets
- Grapefruit
- Bob Greene
- Slimfast
- Scarsdale
- Nutrisystem
- Pritikin
- Weight Watchers
- Overeaters Anonymous
- South Beach
- The Zone
- 3-hour Diet

**Stress Report** (10 Points)

Define stress and discuss one aspect of stress - ex. Post Traumatic Stress Syndrome, Anxiety Disorder, stress on the job, bio-feedback, time management, dealing with death, family and school stress, etc. Give an account of a stressful situation in your life - past or present. How did you handle it and what would you do differently?

**Final Exam** (20 Points)

The final exam will consist of multiple choice, fill in the blanks and matching. There will be no make-up scheduled.