

Course Outcome Guide (COG)

Approved 22 MARCH 2012

Course:	HPER 126 Lifetime Fitness	Credits:	2	Instructor:	Shawn Cote
Course Description:	Designed to help students understand the basis of physical fitness and to provide information for developing a program of exercise and physical activity that meets the lifetime needs of each student.				
Concepts and Issues	Process Skills	Assessment Tasks	Intended Outcomes		
			Course	General Education or Program	Institutional
<p>Dimensions of wellness</p> <p>Changing health choices</p> <p>Evaluating fitness products and programs</p> <p>Improving cardio respiratory fitness</p> <p>Strengthening muscles</p> <p>Muscular training fundamentals</p> <p>Understanding weight problems</p> <p>Making healthy food choices</p>	<p>Evaluate the decision making process.</p> <p>Demonstrate knowledge and understanding of the following.</p> <ul style="list-style-type: none"> a. Seven dimensions of wellness b. Healthy choice continuum c. Constructing personal workout plan d. The inner workings of the heart e. Main components of a weight training plan f. Elements of flexibility g. My pyramid for smarter eating h. The cause of weigh problems 	<ol style="list-style-type: none"> 1. Complete textbook readings 2. Complete examination and quizzes demonstrating mastery and understanding of concept issues 3. Demonstration of activities 	<p>Participate in scholarly activities and services that promote student development by encouraging professional involvement, community service, and lifelong learning.</p> <p>Demonstrate the knowledge to promote personal, family and community health.</p> <p>Demonstrate the ability to promote goal-setting and decision-making skills to enhance health.</p> <p>Demonstrate the knowledge to promote health-enhancing behaviors and reduce health risks.</p>		

