

PED2700 - Wellness Center I Course Syllabus

Course Instructor:

Jeremy Partney

Office Phone: 573-518-2104

Office Hours: 9:00-11:00 Daily

Office Location: Wellness Center

Spring 2012

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Dept. Chair: Jeremy Partney

Course Description:

Instruction in the development of techniques in activities designed to increase body strength, flexibility, and endurance.

Course Objectives:

- Develop agility, flexibility, endurance, strength, conditioning, and stamina by participation in fitness and wellness activities.
- Have the opportunity to increase the cardiovascular and respiratory systems by participation in group fitness classes.
- Develop, understand, and maintain the importance of proper nutrition.
- Develop a regular, life-long pattern of physical activity.
- Have the opportunity to understand, develop, and participate in an individualized personal fitness program.
- Develop and participate in personal goal setting and evaluation.

Evaluation Procedure:

Students will earn one point for each assignment completed, and will need to average earning 2 points per week to earn an A. The total points earned for the semester will be used to determine each student's grade. The last day to earn credit is **May 11, 2012**. The following scale is used for final grades:

A	31 +	D	25-26
B	29-30	F	0- 24
C	27-28		

Assignments:

Students will have the opportunity to earn points for each of the following:

- Wellness Center Workout Visit (Should average 2 visits a week)
- Course Requirement Assignment (Sign-off sheet with this syllabus)
- Introduction Seminar (Arranged throughout semester)
- Nutrition Seminar (February, March, April)
- Optional Worksheets (1 point for each completed worksheet)
- Group Fitness Classes (2 points for each class)

Additional Requirements: Follow ALL course requirements and Wellness Center policies listed on the back of this syllabus and on the Course Requirements listing for Physical Education. Complete the Course Credit Log to track your assignments and progress in this course.

** Students are encouraged to use lockers located at entrance of the Wellness Center.

