

<p>Course Name: HLTH 200/3.0</p> <p>Physical Fitness and Wellness</p>	<p>Course Instructor: Ms. Melody Torcolacci</p>	<p>Contact Hours: Fall 2020 – Remote Delivery</p>									
		<p>Prerequisite: Level 2</p>									
		<p>Exclusion: Restricted to students in HLTH Plans (Level 2 or above). Not available to students in a PHED or KINE Plan. May not be taken with or after: KNPE 227/3.0 and KNPE 255/3.0</p>									
<p>Course Description:</p> <p>HLTH 200 is a second-year overview course touching on a variety of subjects. The information the topics cover should allow you to plan a personal fitness program to enhance your health and wellness, to be able to identify quality training programs, and have an introductory understanding of exercise and disabilities. Students in the course are typically a mixture of 1st through 4th year students from wide variety of disciplines, with diverse experience regarding physical exercise.</p>	<p>Course Texts:</p> <p>Course Notes: Will be available on OnQ.</p> <p>Readings: The course notes replace a textbook. The instructor on occasion may send out articles of interest.</p>										
<p>Intended Student Learning Outcomes:</p> <p>By the end of this course students should be able to:</p> <ul style="list-style-type: none"> • Identify the health benefits of engaging in a regular exercise program • Write effectively goals and utilize goal setting to enhance their exercise achievements • Know key health numbers and their implications • Apply the principles of training to develop effective training programs • Appreciate the unique needs of disabled individuals and be able to apply them to program planning while factoring in inclusion and accessibility • Design a warm-up and cool down that address's preparation for, and recovery from exercise, as well as flexibility needs • Plan a cardio and strength program for themselves or a client with specific needs • Identify effective stress management interventions 	<p>Course Evaluation:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Assignment 1</td> <td style="text-align: right;">20%</td> </tr> <tr> <td>Assignment 2</td> <td style="text-align: right;">15%</td> </tr> <tr> <td>Assignment 3</td> <td style="text-align: right;">25%</td> </tr> <tr> <td>Assignment 4</td> <td style="text-align: right;">20%</td> </tr> <tr> <td>Assignment 5</td> <td style="text-align: right;">20%</td> </tr> </table>	Assignment 1	20%	Assignment 2	15%	Assignment 3	25%	Assignment 4	20%	Assignment 5	20%
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Course Outline	
Dimensions of Wellness	Flexibility
Barrier Busting, Goal Setting, and Stages of Change	Principles of Training
Nutrition / Weight Management	Strength Training
Fitness Assessment	Cardiovascular Training
Workout Structure	