

Lifetime Fitness Course Schedule—Fall 2009, 2nd Eight Weeks

Date	Class	Activity	Assignments	Concepts	Location
Oct 19/20 (Mon/Tue)	Introduction *Intro Lesson	Overview of Class	Physical Activity Index Par-Q Resting HR Worksheet	Health-Related Fitness Components/Benefits of Physical Activity/Stages of Change	Room 201
Oct 21/22 (Wed/Thur)	Heart Rate Monitors *Cardio Lesson #1	Step Test Body Composition	Resting Heart Rate Cardiovascular Assessment/Body Composition Assessment	Resting HR/Max HR/Recovery HR Taking Pulse THR Zone Cardiorespiratory Endurance Body Composition	Human Performance Lab
Oct 26/27 (Mon/Tue)	Fitness Concepts/THR Zone *Cardio Lesson #2	Pacing Activities	THR Zone Worksheet	Review Fitness Concepts & Use of HR Monitors/THR Zone	Track
Oct 28/29 (Wed/Thur)	Pedometers *Cardio Lesson #3	Columbo Hike	Pedometer Worksheet	Pacing Pedometer Baseline/Stride Length	Track
Nov 2/3 (Mon/Tue)	Cardiorespiratory Program *Cardio Lesson #4	Fitness Activity	One Week Training Log Workout Development Worksheet	Warm-Up/Cool-Down Pedometer Baseline	Track
Nov 4/5—Combine #5 & #6 (Wed/Thur)	Cardiorespiratory Program *Cardio Lesson #5	Fitness Activity		CR Endurance Guidelines FITT—Designing a Program Aerobic vs. Anaerobic	Track
	Cardiorespiratory Program *Cardio Lesson #6	Fitness Activity—Own Workout	HR/RPE Worksheet	Specificity Overload-Progression Intensity RPE/Talk Test	Track
Nov 9/10 (Mon/Tue)	Nutrition	Lecture	Nutrition Assessment/Goals	Nutrition Concepts	Room 201
Nov 12/16 (Thur/Mon)	Weight Management	Lecture	Energy Expenditure	Body Composition Weight Management	Room 201
Nov 17/18 (Tue/Wed)	Foam Rollers	Foam Roller Workout		Flexibility Myofascial Release (Self-Massage)	Gym D
Nov 19 (Thur)--#1 Nov 23 (Mon)--#1/ #2	Strength/Conditioning *S/C Lesson #1	Muscular Fitness/Flexibility Assessments	Muscular Fitness/Flexibility Assessments	Muscular Strength/Muscular Endurance/Power Hypertrophy vs. Atrophy Flexibility	Human Performance Lab
Nov 24 (Tue)--#2	Strength/Conditioning *S/C Lesson #2	Resistance Training—Using Free Weights/Weight Machines	Major Muscle Worksheet	Major Muscles Resistance Training Principles & Guidelines Sets/Repetitions	Weight Room (102) & Gym D
Nov 30/Dec 1—Combine #3 & #4 (Mon/Tue)	Strength/Conditioning *S/C Lesson #3	Resistance Training—Using Free Weights/Weight Machines		Types of Resistance Training Eccentric/Concentric Isometric/Isotonic/Isokinetic	Weight Room (201) & Gym D
	Strength/Conditioning *S/C Lesson #4	Resistance Training—Using Stability Balls & Body Weight	Program Development Worksheet	Designing a Resistance Training Program Flexibility Guidelines/Low Back	Weight Room (102)
Dec 2/3 (Wed/Thur)—Combine #5 & #6	Strength/Conditioning *S/C Lesson #5	Circuit Training		Circuit Training	Gym D
	Strength/Conditioning *S/C Lesson #6	Personal Workout	Workout Reflection	Injuries	Weight Room (102) & Gym D
Dec 7/8 (Mon/Tue)	Review of Fitness Concepts & Principles	Interactive Review	TriFit Assessment w/Blood Pressure Worksheet TriFit Reflection with Fitness Goals & Personal Fitness Program Course Evaluation	Review for Final Exam	Room 201
Dec 9/10 (Wed/Thur)	Final Exam		Class Survey		Room 201