

PE231 Lifetime Health & Fitness Fall Term

Instructor: Jeannie Mayjor

Office Phone: 917-4235 (message only)

Office Hours/Student Hours: I will send out a link each week for an open Zoom meeting

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Course Description:

Evaluates selected areas of the student's present health and fitness level. Provides information on each of the wellness dimensions as they relate to physical fitness, back care, chronic diseases, stress management, nutrition, weight management, behavior change and lifestyle choices. Considers work-life balance and self-responsibility. Shows the student how to enter the work site as a fit and healthy individual and suggests ways to maintain that level of health. Placement in Writing 90 or higher. Students must be willing to use (not necessarily own) a computer.

Upon completion of the course with a "C" or better, the student should be able to meet the following course outcomes:

1. Define wellness and describe its dimensions.
2. Define individual comprehensive programs for physical fitness, nutrition and stress management.
3. Demonstrate the process for behavior change using the transtheoretical model.
4. Evaluate or assess key indicators of health and fitness such as blood pressure, body composition, blood lipids, blood glucose, cardiorespiratory fitness, muscular strength/endurance and flexibility.

Course Assignments and Grading: Point total = Approximately 220

4 Main Assignments	90 points (total of four).
Take-home final	30 points
Weekly written assignments	40 points.
Weekly Forum Posts	20 points total over ten weeks

Students may earn the following grades in this class:

90-100%	A
80-89.9%	B
70-79.9%	C
60-69.9%	D
Less than 60%	F

P/NP — For students who specifically request Pass/No Pass grading, a "P" grade can be issued when they earn more than 70% of the possible points for the class.

The I grade (Incomplete) may be assigned at the instructor's discretion when: the student has completed 75% or more of the work in the course but is unable to finish the remaining work due to circumstances beyond the control of the student. An incomplete is not used to avoid a failing grade. A contract between the student and instructor must be signed to use this option.

Course Outline, Subject to change at instructor's discretion.

Week 1: Course introduction. Dimensions of wellness. SMART goals.

Self-intro, forum post, Term Goal rough draft assignments due by Sunday.

- Week 2: Heart Health: risk factors. Reading for heart health to be announced. Term Goal Final draft and forum post are due by Sunday.
- Week 3: Heart health continued; assignment to be announced, forum post due by Sunday night.
- Week 4: Completion of heart health. Beginning of Fitness section. Heart Health Assignment and forum post due on Sunday.
- Week 5: Physical fitness, exercise prescriptions, flexibility, body composition. Forum post and exercise Rx due on Sunday.
- Week 6: Completion of fitness. Goal Update assignment, forum post and second exercise Rx due on Sunday
- Week 7: Nutrition Covered: macro and micro nutrients, diet analysis project and forum post due on Sunday night.
- Week 8: Completion of nutrition, nutrition assignment and forum post due on Sunday night.
- Week 9: Stress Management: the physiology of the stress response and symptoms of stress. Assignment to be announced, and forum post due on Sunday night.
- Week 10: Completion of stress management, Last week of class. Final will be released for completion by next Tuesday, December 8th by midnight. Just a forum post due this week by Sunday night.

Final exam week: Take home final due on or before Tuesday. December 8th. No in-class final exam.

Request for Special Needs or Accommodations

Direct questions about or requests for special needs or accommodations to the LBCC Disability Coordinator, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321, Phone [541-917-4789](tel:541-917-4789) or via Oregon Telecommunications Relay TTD at [1-800-735-2900](tel:1-800-735-2900) or [1-800-735-1232](tel:1-800-735-1232). Make sign language interpreting or real-time transcribing requests 2-4 weeks in advance. Make all other requests at least 72 hours prior to the event. LBCC will make every effort to honor requests. LBCC is an equal opportunity educator and employer.

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