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Course Description: A course providing students with knowledge of how to stay fit throughout their lifetimes. It includes both academic (fitness theory and nutrition) and physical (how to exercise properly) components.  

Course Objectives:  

Upon completion of this course students will:  

1. Learn the Dimensions of Wellness  
2. Identify components of successful lifestyle management.  
3. Understand basic nutritional concepts.  

Course Procedure:  

1. Class attendance is essential  
2. Active participation in class projects  
3. Completion of course assignments  
   a. Inventory, Assessments & Reflection Journal 1 (10%)  
   b. Nutritional Site Visit (30%)*  
   c. Food Journal & Reflection Journal 2 (20%)  
   d. Attendance & Reflection Journal 3 (15%)  
   e. Overall Reflection Paper (25%)  

   a. Complete intake inventory so instructor knows more about you. Plus complete Life and Activity assessments. Then, write a one page reflection regarding what you hope to gain from this course and the results of your life and activity assessments. The paper format needs to be: no greater than 12 pt font, font must be Calibri or Times New Roman, double spaced, and have margins no greater than one inch.  

      This first reflection is due by the second Wednesday of the term.  

   b. A Nutritional Site visit is REQUIRED on November 14 (exact schedule of evening activities will be discussed in class. Expect to have class activities from 6-9pm) with HY VEE nutritionist.  

   c. Track your food and calorie consumption in a food log (instructions provided in class) for two weeks. FOOD LOG PROGRAM PROVIDED BY INSTRUCTOR MUST BE USED. Then write a two page reflection about your food intake, nutritional assessment, areas of concerns, means to continue or improve your nutritional health, etc. The paper format needs to be: no greater than 12 pt font, font must be Calibri or Times New Roman, double spaced, and have margins no greater than one inch. The specific pages required for submission (noted in food log instructions) and two page reflection paper are due by the 8th Wednesday of the term.  

   d. Attendance October 24, November 7, November 14, December 5, December 12 each class will meet from 6-9pm
e. **Reflection Paper** The paper format needs to be: no greater than 12 pt font, font must be Calibri or Times New Roman, double spaced, and have margins no greater than one inch. Your thoughts should be well ordered, thought out and follow a logical progression. You may elaborate on specific information/issues that you learned from the course. You may also summarize an outline of how the information will guide you in the future (be specific with your convictions). However, you proceed you must fill five pages with college level writing, critical thinking and reflection.

**Grading:** This is a graded course. Letter grade will be based on attendance, participation and completion of course assignments. Late assignments lose 5% points for each day late with a maximum of 6 days allowed.

**Grading Scale:** 100-90 = A; 89-80 = B; 79-70 = C; 69-60 = D; 59 or lower = F

*The Doane College Academic Integrity Policy will be adhered to in this class. All projects and tests will represent your own work. Any use of others’ ideas and words without proper citation of sources is plagiarism and will result in penalties to be determined by the instructor and/or the dean of undergraduate studies.*