PED 104  Theory of Lifetime Fitness  1 Credit Hour

Doane Plan requirement for a physical education activity course

Instructor: Michelle Lubken  Telephone: 308-383-3431

Email: michelle.lubken@doane.edu required location of homework submission if done electronically. This email is reviewed on FRIDAYS only when the TERM is in session!

OR mlubken@cccneb.edu for Monday-Friday questions

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 and Assessments (10%)
   b. Nutritional Site Visit (25%)*
   c. Food Log (15%)
   d. Attendance (25%)
   e. Overall Reflection Paper (25%)

Learning Strategies:

a. Complete intake inventory so instructor knows more about you. Plus complete Life, Activity and fitness assessments. Complete in class on January 15 and January 22.

b. A Nutritional Site visit is *REQUIRED on January 29 or February 12 (awaiting confirmation of date from HyVee) (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. Paperwork from food log will be submitted with Reflection Paper due March 8.

d. Attendance/Scheduled Meeting Dates: January 15, January 22, January 29, February 12, February 19 February 26 and March 8 (March 8: needed only if weather requires class to cancel one a previously noted date) from 6-9 pm. Tardiness of more than 5 minutes will negatively impact grading. Class will start sharply at 6:03pm. Please plan accordingly with your personal and professional obligations.

   a. Self reflection activities held in class will aid in your assessment of lifestyle management.
i. Wellness Wheel, Identifying Support, 5 Languages of Love Quiz, Colors Inventory, Choose or Lose, Motivation and Commitment, Questions to Ask Self, Cardio & Hostility

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. Paper must reflect upon food log, wellness wheel, HyVee tour and course objectives with self reflection. 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. *Reflection Paper will be due electronically on March 8.*

**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.*