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. Lifestyle Management Activities (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 by second week of term.

b. A Nutritional Site visit is REQUIRED. HyVee’s in Nebraska provide FREE store tours to discuss nutrition and shopping habits. Talk with instructor for options beyond HyVee no later than third week of course. Complete visit and have form signed off for completion by fourth week of term.

c. Track your food and calorie consumption in a food log (instructions attached) for two weeks. FOOD LOG PROGRAM PROVIDED BY INSTRUCTOR MUST BE USED. Paperwork from food log will be submitted with Reflection Paper due last Thursday of term.

d. Attendance/Scheduled Meeting Dates:
   a. Self reflection activities to assess lifestyle management.
      i. Wellness Wheel,
      ii. 5 Languages of Love Quiz,
iii. Colors Inventory,

iv. Choose or Lose,

v. Motivation and Commitment,

vi. Cardio & Hostility Article Review

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 by the last Thursday of the term.

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.