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: An opportunity for physical conditioning through a variety of activities.

Course Objectives:

Upon completion of this course students will:

1. Assess and develop personal fitness goals.
2. Learn the benefits of regular physical activity.
3. Examine attitude toward fitness.

Scheduled Meeting Dates: January 14, January 21, February 18, February 25, March 3 (entire class make up date)

Course Procedures:

1. Complete 2 reflections journals. Will be discussed during first two weeks of course.

2. Identify current physical fitness levels by completing a 1 mile walk assessment, lifestyle assessment, activity assessments and health assessments. Materials and instruction will be provided within the first two weeks of course.

3. Develop a personalized fitness plan. Individual meetings with instructor will occur within first month of course.

4. Complete a fitness log of a minimum of 25 hours of physical activity during the enrolled term.  Your fitness log must note: DATE—ACTIVITY—TIME—TOTAL TIME. Activity log time will be kept in hours and fractions of hours rather than minutes, using ¼ hour as the smallest unit of measurement.  A weekend tournament will not be accepted.  Fitness log is due by the 8th Thursday of the term.

For example:

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY</th>
<th>TIME</th>
<th>TOTAL TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/4/11</td>
<td>Walking</td>
<td>.75 hour</td>
<td>.75 hour</td>
</tr>
<tr>
<td>2/5/11</td>
<td>Zumba</td>
<td>1 hour</td>
<td>1.75 hours</td>
</tr>
</tbody>
</table>

5. Participate in one new fitness activity twice; meaning same activity twice within the enrolled term.

6. Write a two page reflection regarding your efforts to meet the course objectives and new fitness activity experience. Your thoughts should be well thought out and show critical thinking not a simple outline of what you did. The journal 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. College level writing is required. Reflection paper is due by the 8th Thursday of the term.

Grading: This is a pass/fail course. Completion of each assignment is necessary for a passing grade.

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.