

Abilene Christian University
Department of Kinesiology and Nutrition
Syllabus

PEAC 101 – Fitness in Action

Abilene Christian University's mission is to educate students for Christian service and leadership throughout the world.

The College of Education and Human Services mission is to equip students for global ministry through exemplary practice and service in education and human services

It is the mission of the Abilene Christian University Department of Kinesiology and Nutrition to prepare students to serve and lead through the development of healthful lifestyles.

Course Information

Instructor:

Kerri Hart, PhD

Instructor Contact Info:

Office Location = Second Floor SRWC 254

Office Phone = 325-674-6174

Office Hours:

TBA

Course Number & Title:

PEAC 101 "Fitness in Action"

Credit Hours:

1

Days/Hours:

MW 4:00 PM

TR 9:30 AM

TR 1:30 PM

Pre-Requisites:

PEAC 100

Course Materials:

Wellness Key (Course Fee) or Option of FitBit or similar device.

The Wellness Key is a device that is used as an interface with the fitness in the SWRC that allows workouts to be recorded to a database. These may only be obtained through the course facilitator. The cost will be included in the course fee.

Text: FitQuest: a Personal Journey, 1st Edition, Bell, Joe; Garver, Matt; McCurley, Libby; Bearface Publishing. Indianapolis, In.

Catalog / Course Description:

This course is designed to help students meet their personal training goals through a variety of training modalities. This course is also designed to help students better understand the importance of establishing a regular fitness routine that can be used for the remainder of their lives. The use of the Wellness Key System will help guide each student through weekly workouts that have will be prescribed for them based upon a fitness assessment, and an assessment of their workout personality.

Content Overview:

This course will use information gained while taking the pre-requisite course, Lifetime Wellness.

Concepts that concern anatomy, muscular strength, muscular endurance, flexibility, balance, nutrition, body composition, and proper technique in activities will all be covered as the semester progresses.

Class Format and Conduct of the Class:

The time allotted for the class to meet will be during the first three weeks of the semester. During this time students will participate in physical assessments, and training on how to use each piece of equipment. After that time, students will begin recording a minimum of two workouts per week on their Wellness Key. The workouts prescribed by the key system can be complimented by other activities that will count as workouts each week. For example, if a student wants to participate in a Yoga class, they can record that activity on their key as one of their workouts for the week.

Course Goal:

The goal for this course is for students to successfully complete two workouts per week during the semester. In accomplishing this, the physical assessment results taken at the beginning of the semester should be improved by the end of the semester when those assessments are taken again during the last two weeks of the course.

Course Competencies / Methods and Standards of Measurements:

	Competency	Measurement Instrument	Measurement Standard
1.	Students will be able to take assessments of his/her overall fitness level using a variety of testing components.	Students will master a proficiency in testing methods on flexibility, cardiovascular endurance, muscular strength, and muscular endurance. This will be accomplished by the student actually performing the tests while in the presence of the professor.	Students will first distinguish between the types of tests that need to be administered upon themselves this will be based upon their fitness goals. Students will use correct technique in each measurement taken during testing.
2.	Students will be able to make assessments based upon the measurements of fitness levels found during initial testing.	Students will make judgments on the test results and formulate a description of the test results. Written assessments will be presented to the professor.	Students will base assessment results on protocols set by the American College of Sport Medicine.
3.	Students will demonstrate the ability to use the Wellness Key system during their workouts.	Students will use the key system during the first two weeks of the class while in the presence of the professor.	Students will be able to articulate the results of their training after using the Wellness Key system.

Attendance:

Each student's success in this class is extremely reliant upon meeting the two times per week workout goal. Workout adherence will be viewed by the professor each week and students not meeting the required workouts will be contacted. If a student misses more than 4 workouts their grade will be significantly lowered.

Grading:

Workouts per Week Met	60%
Written Assessments (Pre and Post)	40%

There will be a 5% reduction for each missed workout.

Workouts that are not done during the week that they are due will not count. In other words, one may not make up missing one week by doing extra workouts the following week.

Safety:

There are inherent risks involved in the use of exercise equipment. It is suggested that students follow all of the safety guidelines posted and discussed by the teacher during class.

Academic Integrity:

Violations of academic integrity and other forms of cheating, as defined in ACU's Academic Integrity Policy, involve the intention to deceive or mislead or misrepresent, and therefore are a form of lying and represent actions contrary to the behavioral norms that flow from the nature of God. Violations will be addressed as described in the policy. We are all responsible for protecting the integrity of learning, scholarship, and research. The full policy can be found at <http://www.acu.edu/academics/provost/documents/academic-integrity-policy.pdf>

ADA:

The Student Recreation and Wellness Center has been designed to be ADA compliant and access to equipment will be evident according to federal law.
