

PED-923: Teaching Lifetime Fitness

Independent Study Online Course Syllabus

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Course Description

Teaching Lifetime Fitness covers applied information regarding components of physical fitness, exercise planning and behavioral changes to improve personal fitness and promote lifetime activity. You will learn content and strategies for helping your students assess their current levels of fitness, identify areas of improvement as well as understand and apply SMART goals to their fitness program. You will learn how to develop an activity plan that addresses cardiovascular and muscular systems, hydration, injury prevention, and other pertinent fitness material. Students will be assessed through online project-based assignments, knowledge checks, lab activities, and discussion boards. Topics covered in this course include principles of fitness, fitness assessment, warm-up/cool-down, cardiovascular fitness, muscular strength and endurance, flexibility, hydration and injury prevention, and advanced fitness principles.

Note: Required book must be acquired separately.

Required Text and Course Materials

Book: Naternicola, N. L. (2014). *Fitness: Steps to Success*. Champaign, IL: Human Kinetics. ISBN-13: 978-1450468855 <https://www.amazon.com/Fitness-Steps-Success-Sts-Activity/dp/1450468853>

Note: Students are responsible for purchasing their own textbook, analyzing the content, and applying what they learned to the course assignments. You are welcome to purchase used, ebook, or new versions to save money. You can order the book directly from the publisher or from one of several discount aggregators (for example): <https://www.amazon.com>

Online Resources: Relevant online resources that support the course content and encourage further investigation will be available throughout the course assignments. Active hyperlinks are utilized throughout the course and will link to the appropriate information when clicked. These include videos, podcasts, worksheets, online activities, journal articles and other resources.

Moodle: Moodle is a web-based learning management system used to support flexible teaching and learning in both face-to-face and distance courses (e-learning).

<https://moodle.org> // <https://moodle.org/demo> // <https://docs.moodle.org>

Course Dates

Self-paced; students may enroll at any time and take up to one year, from the date of registration, to complete assignments. Students may complete assignments in no less than three weeks for a 3-unit course (one week per unit).

National Standards Addressed in This Course

National Board for Professional Teaching Standards (NBPTS)

(<http://www.nbpts.org/standards-five-core-propositions/>)

First published in 1989 and updated in 2016, [*What Teachers Should Know and Be Able to Do*](#) articulates the National Board's Five Core Propositions for teaching. The Five Core Propositions - comparable to medicine's Hippocratic Oath — set forth the profession's vision for accomplished teaching. Together, the propositions form the basis of all National Board Standards and the foundation for National Board Certification. Course assignments have been designed so students can demonstrate excellence against these professional teaching standards whenever possible.

- Proposition 1: Teachers are committed to students and their learning
- Proposition 2: Teachers know the subject they teach and how to teach those subjects to students
- Proposition 3: Teachers are responsible for managing and monitoring student learning
- Proposition 4: Teachers think systematically about their practice and learn from experience
- Proposition 5: Teachers are members of learning communities

Society for Health and Physical Educators (SHAPE America)–National Physical Education Standards (<https://www.shapeamerica.org/standards/pe/>)

SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

- Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Continuing Education Student Learning Outcomes (CE-SLO)

CE-SLO 1	Demonstrate proficient written communication by articulating a clear focus, synthesizing arguments, and utilizing standard formats in order to inform and persuade others, and present information applicable to targeted use.
CE-SLO 2	Demonstrate comprehension of content-specific knowledge and the ability to apply it in theoretical, personal, professional, or societal contexts.
CE-SLO 3	Reflect on their personal and professional growth and provide evidence of how such reflection is utilized to manage personal and professional improvement.
CE-SLO 4	Apply critical thinking competencies by generating probing questions, recognizing underlying assumptions, interpreting and evaluating relevant information, and applying their understandings to the professional setting.
CE-SLO 5	Reflect on values that inspire high standards of professional and ethical behavior as they pursue excellence in applying new learning to their chosen field.
CE-SLO 6	Identify information needed in order to fully understand a topic or task, organize that information, identify the best sources of information for a given enquiry, locate and critically evaluate sources, and accurately and effectively share that information.

Course Student Learning Outcomes (C-SLO)

Student Learning Outcomes for This Course By the end of this course student will be able to:	National Standards Addressed*	CE-SLO Addressed**
1. assess their students' current fitness level and set SMART goals for improvement.	SHAPE 3, 4, 5	CE 1-6
2. design a program to improve their students' level of fitness. 3. compare and contrast aerobic and anaerobic fitness. 4. locate resources for trying new exercises when developing a fitness plan.	SHAPE 1, 2, 3	CE 1-6
5. compare the three ways of measuring intensity during exercise. 6. illustrate which muscle groups are used during exercise. 7. describe how specific muscle groups impact an exercise plan.	SHAPE 1, 2, 3, 4	CE 1-6
8. outline the benefits of warming up and cooling down. 9. demonstrate the proper way to warm up. 10. describe the benefit to stretching.	SHAPE 1, 2, 3	CE 1-6
11. summarize some of the physical, social, and mental/emotional benefits of exercise. 12. construct a fitness plan that includes variety.	SHAPE 1, 3, 4	CE 1-6

13. explain who it is important to drink water especially during exercise. 14. apply injury prevention principles to an exercise program.	SHAPE 2, 3	CE 1-6
15. illustrate advanced methods of training and how to incorporate them into a fitness program. 16. explain how to improve cardiovascular, muscular strength, and flexibility within their student population.	SHAPE 2, 3, 4	CE 1-6

* Please refer to the section on **National Standards Addressed in This Course**

** Please refer to the section on **Continuing Education Program Student Learning Outcomes**

Topics, Assignments, and Activities

The participant's grade will be determined by the number and quality of modules they choose to complete. Outlined below are the module requirements for each type of unit and grade options.

If working towards the "A letter grade" option:

- Nine modules - Complete all 9 content modules.
- Complete the Knowledge Check per module.
- Complete either the Application Assignment or the Reflective Forum per module.
- All coursework with must receive "A-grade" quality or better.

If working towards the "B letter grade" option:

- Seven modules - Complete 7 of the 9 content modules (any 7 of your choice).
- Complete the Knowledge Check per module.
- Complete either the Application Assignment or the Reflective Forum per module.
- All coursework with must receive "B-grade" quality or better.

Module Title	Module Assignments and Activities	Points Possible for Each Assignment
Welcome Module	<ul style="list-style-type: none"> • Introduction Video • Course Syllabus • Introduce Yourself Forum 	
Module 1 – Principles of Fitness	<ul style="list-style-type: none"> • Read Introduction and Step 1 (Naternicola), Watch Videos, Read Articles • Complete Knowledge Check plus one other assignment: <ul style="list-style-type: none"> ○ 1.1 Knowledge Check: Introduction and Step 1 ○ 1.2 Application: Choice Assignment ○ 1.3 Reflective Forum: Reflection and Goals 	Pass Pass Pass
Module 2 – Fitness Assessment	<ul style="list-style-type: none"> • Read Step 2 (Naternicola), Watch Videos, Read Articles • Complete Knowledge Check plus one other assignment: <ul style="list-style-type: none"> ○ 2.1 Knowledge Check: Step 2 ○ 2.2 Application: Health Screening ○ 2.3 Reflective Forum: More Reflection and Goals 	Pass Pass Pass

Module 3 – Goals and Warm-up/Cool-down	<ul style="list-style-type: none"> • Read Step 3 (Naternicola), Watch Videos, Read Articles • Complete Knowledge Check plus one other assignment: <ul style="list-style-type: none"> ○ 3.1 Knowledge Check: Step 3 ○ 3.2 Application: Choice Assignment ○ 3.3 Reflective Forum: Goals 	Pass Pass Pass
Module 4 – Cardio Fitness	<ul style="list-style-type: none"> • Read Step 4 (Naternicola), Watch Videos, Read Articles • Complete Knowledge Check plus one other assignment: <ul style="list-style-type: none"> ○ 4.1 Knowledge Check: Step 4 ○ 4.2 Application: Choice Assignment ○ 4.3 Reflective Forum: Cardio or Fitness Websites 	Pass Pass Pass
Module 5 – Muscular Strength and Endurance	<ul style="list-style-type: none"> • Read Step 5 (Naternicola), Watch Videos, Read Articles • Complete Knowledge Check plus one other assignment: <ul style="list-style-type: none"> ○ 5.1 Knowledge Check: Step 5 ○ 5.2 Application: Choice Assignment ○ 5.3 Reflective Forum: Favorite Muscular Strength Exercise 	Pass Pass Pass
Module 6 – Flexibility	<ul style="list-style-type: none"> • Read Step 6 (Naternicola), Watch Videos, Read Articles • Complete Knowledge Check plus one other assignment: <ul style="list-style-type: none"> ○ 6.1 Knowledge Check: Step 6 ○ 6.2 Application: Choice Assignment ○ 6.3 Reflective Forum: Flexibility Experience 	Pass Pass Pass
Module 7 – Balance	<ul style="list-style-type: none"> • Read Step 7 (Naternicola), Watch Videos, Read Articles • Complete Knowledge Check plus one other assignment: <ul style="list-style-type: none"> ○ 7.1 Knowledge Check: Step 7 ○ 7.2 Application: Choice Assignment ○ 7.3 Reflective Forum: Keeping Your Balance 	Pass Pass Pass
Module 8 – Core Strength and Stability	<ul style="list-style-type: none"> • Read Step 8 (Naternicola), Watch Videos, Read Articles • Complete Knowledge Check plus one other assignment: <ul style="list-style-type: none"> ○ 8.1 Knowledge Check: Step 8 ○ 8.2 Application: Choice Assignment ○ 8.3 Reflective Forum: Core Strength 	Pass Pass Pass
Module 9 – Advanced Fitness and Teaching Lifetime Fitness	<ul style="list-style-type: none"> • Watch Videos and Read Website Articles • Complete both Knowledge Checks plus one other assignment: <ul style="list-style-type: none"> ○ 9.1 Knowledge Check: Hydration and Injury Prevention ○ 9.2 Application: Choice Assignment ○ 9.3 Reflective Forum: Sharing Lessons 	Pass Pass Pass
Course Wrap-up – Grading and Evaluation	<ul style="list-style-type: none"> • Final Reflection Forum • Course Evaluation • Course Completion Checklist • Grade Request / Transcript Request 	

Grading Policies, Rubrics, and Requirements for Assignments

Grading Policies

- Assignments will be graded per criteria presented in the course rubrics.
- A = 90-100% and B = 80-89%, (anything below 80% will not receive credit.)
- The discernment between an A or a B letter grade is at the discretion of the instructor based on the quality of work submitted (see course rubrics).
- Coursework falling below a B grade will be returned with further instructions.
- All assignments must be completed to receive a grade and are expected to reflect the quality that teacher-training institutions require of professional educators. If completed assignments do not meet this standard, students will be notified with further instructions from the instructor.

Grading Rubrics

Grade	Percent	Description	Rubric
A	90-100%	Excellent	Meets all course / assignment requirements with significant evidence of subject mastery and demonstration of excellent graduate level professional development scholarship.
B	80-89%	Very Good	Adequately meets criteria for all course/assignment requirements - demonstrates subject competency with very good graduate level professional development scholarship.
NC	Below 80%	Unacceptable	Does not meet the minimum criteria for all course/assignment requirements and demonstrated little, if any, evidence of acceptable graduate level professional development scholarship.

Writing Requirements

- **Superior:** Writing is clear, succinct, and reflects graduate level expectations. Clearly addresses all parts of the writing task. Maintains a consistent point of view and organizational structure. Includes relevant facts, details, and explanations.
- **Standard:** Writing is acceptable with very few mistakes in grammar and spelling. Addresses most parts of the writing task. Maintains a mostly consistent point of view and organizational structure. Includes mostly relevant facts, details, and explanations.
- **Sub-standard:** Writing contains noticeable mistakes in grammar and spelling. Does not address all parts of the writing task. Lacks a consistent point of view and organizational structure. May include marginally relevant facts, details, and explanations.

Lesson Plan Requirements

- **Superior:** Instructional goals and objectives clearly stated. Instructional strategies appropriate for learning outcome(s). Method for assessing student learning and evaluating instruction is clearly delineated and authentic. All materials necessary for student and teacher to complete lesson clearly listed.
- **Standard:** Instructional goals and objectives are stated but are not easy to understand. Some instructional strategies are appropriate for learning outcome(s). Method for assessing student learning and evaluating instruction is present. Most materials necessary for student and teacher to complete lesson are listed.
- **Sub-standard:** Instructional goals and objectives are not stated. Learners cannot tell what is expected of them. Instructional strategies are missing or strategies used are inappropriate. Method for assessing student learning and evaluating instruction is missing. Materials necessary for student and teacher to complete lesson are missing.

Instructor/Student Contact Information

Throughout the course participants will be communicating with the instructor and their classmates on a regular basis using asynchronous discussion forums. Students are provided with instructor contact information in the event they want to make email or phone contact. In addition, students are encouraged to email or phone the instructor at any time. Students will also receive feedback on the required assignments as they are submitted.

Forums

Participation is an important expectation of this course and all online courses. Online discussions promote reflection and analysis while allowing students to appreciate and evaluate positions that others express. While students may not be engaging with the same students throughout this course, they will be expected to offer comments, questions, and replies to the discussion question whenever possible. The faculty role in the discussion forum is that of an observer and facilitator.

Coursework Hours

Based on the Carnegie Unit standard, a unit of graduate credit measures academic credit based on the number of hours the student is engaged in learning. This includes all time spent on the course: reading the textbook, watching videos, listening to audio lessons, researching topics, writing papers, creating projects, developing lesson plans, posting to discussion boards, etc. Coursework offered for FPU Continuing Education graduate credit adheres to 45 hours per semester unit for the 900-level courses. Therefore, a student will spend approximately 135 hours on a typical 3-unit course.

Services for Students with Disabilities

Students with disabilities are eligible for reasonable accommodations in their academic work in all classes. In order to receive assistance, the student with a disability must provide the Academic Support Center with documentation, which describes the specific disability. The documentation must be from a qualified professional in the area of the disability (i.e. psychologist, physician or educational diagnostician). Students with disabilities should contact the Academic Support Center to discuss academic and other needs as soon as they are diagnosed with a disability. Once documentation is on file, arrangements for reasonable accommodations can be made. For more information and for downloadable forms, please go to <https://www.fresno.edu/students/academic-support/services-students-disabilities>.

Plagiarism and Academic Honesty

All people participating in the educational process at Fresno Pacific University are expected to pursue honesty and integrity in all aspects of their academic work. Academic dishonesty, including plagiarism, will be handled per the procedures set forth in the Fresno Pacific University Catalogue and Handbook - <https://handbook.fresno.edu/graduate/academic-policies>

Technology Requirements

To successfully complete the course requirements, course participants will need Internet access, can send and receive email, know how to manage simple files in a word processing program, and have a basic understanding of the Internet. Please remember that the instructor is not able to offer technical support. If you need technical support, please contact your Internet Service Provider.

Moodle: This course will be delivered totally online. Moodle is a learning management system that provides students access to online resources, documents, graded assignments, quizzes, discussion forums, etc. Moodle is easy to learn and has a friendly user interface. To learn more about Moodle, go to https://docs.moodle.org/33/en/Student_FAQ. There are also some student tutorials on the Center for Online Learning website at Fresno Pacific University - <https://col.fresno.edu/student>.

Moodle Site Login and Passwords: Students will need to have internet access to log onto <https://ce-connect.fresno.edu>. The username and password numbers for Moodle access will be sent to you by the university using the email address you submitted at the time of registration. The instructor will then contact you with a welcome communication. If you need help with your username and password recovery, please contact the Continuing Education office at (800) 372-5505 or (559) 453-2000 during regular office hours - Mon-Fri 8:00 am to 5:00 pm. or email them at prof.dev@fresno.edu.

Getting Help with Moodle: If you need help with Moodle, please contact the Center for Online Learning (COL), by telephone or the website. Help by phone (559) 453-3460 is available Mon-Thurs 8:00 am to 8:00 pm and on Fridays from 8:00 am to 5:00 pm, or by filling out a “Request Services” form at <https://col.fresno.edu/contact/request-services>. Please identify that you are with the “School = Continuing Education”.

Final Course Grade and Transcripts

When all work for the course has been completed, students will need to logon to the Continuing Education website (<https://ce.fresno.edu/my-account>) and “Request Final Grade”. Once the instructor receives the requests and submits the grade online, students may log back in to view their Final Grade Report or order transcripts online. Please allow at least two weeks for the final grade to be posted. For more information, see the Continuing Education Policies and Procedures at <https://ce.fresno.edu/ce-policies-and-procedures>.

University Policies and Procedures

Students are responsible for becoming familiar with the information presented in the Academic Catalog and for knowing and observing all policies and procedures related to their participation in the university community. A summary of university policies may be found on the university website at <https://www.fresno.edu/students/registrars-office/academic-catalogs>.

Fresno Pacific University Student Learning Outcomes (FPU-SLO)

FPU-SLO 1	Student Learning Outcomes Oral Communication: Students will <i>exhibit</i> clear, engaging, and confident oral communication – in both individual and group settings – and will critically <i>evaluate</i> content and delivery components.
FPU-SLO 2	Written Communication: Students will <i>demonstrate</i> proficient written communication by <i>articulating</i> a clear focus, <i>synthesizing</i> arguments, and utilizing standard formats in order to <i>inform</i> and <i>persuade</i> others.
FPU-SLO 3	Content Knowledge: Students will <i>demonstrate</i> comprehension of content-specific knowledge and the ability to apply it in theoretical, personal, professional, or societal contexts.
FPU-SLO 4	Reflection: Students will <i>reflect</i> on their personal and professional growth and <i>provide evidence</i> of how such reflection is utilized to manage personal and vocational improvement.
FPU-SLO 5	Critical Thinking: Students will <i>apply</i> critical thinking competencies by <i>generating</i> probing questions, <i>recognizing</i> underlying assumptions, <i>interpreting</i> and <i>evaluating</i> relevant information, and <i>applying</i> their understandings to new situations.

FPU-SLO 6	Moral Reasoning: Students will <i>identify</i> and <i>apply</i> moral reasoning and ethical decision-making skills, and <i>articulate</i> the norms and principles underlying a Christian worldview.
FPU-SLO 7	Service: Students will <i>demonstrate</i> service and reconciliation as a way of leadership.
FPU-SLO 8	Cultural and Global Perspective: Students will <i>identify</i> personal, cultural, and global perspectives and will employ these perspectives to <i>evaluate</i> complex systems.
FPU-SLO 9	Quantitative Reasoning: Students will accurately <i>compute</i> calculations and symbolic operations and <i>explain</i> their use in a field of study.
FPU-SLO 10	Information Literacy: Students will <i>identify</i> information needed in order to fully understand a topic or task, <i>explain</i> how that information is organized, <i>identify</i> the best sources of information for a given enquiry, <i>locate</i> and critically <i>evaluate</i> sources, and accurately and effectively <i>share</i> that information.