

Wayland Baptist University

Course Number and Title: EXSS 1112 – Concepts of Fitness

Instructor: Robert Davenport

Office Phone: 291-1147

Office Hours: TTH: 9:30-11:00 am

- I. Course Description:** Includes lectures, discussions and laboratory experiences which lead to knowledge of lifelong fitness, exercise, testing and nutrition.
- II. Course Objectives:** At the completion of the course, the student will be able to discuss, define and demonstrate a thorough understanding of the basic components of the following:
- A. Fitness- Physical activity and wellness
 - B. The health benefits of exercise and fitness
 - C. The skeletal system and major muscles
 - D. Cardiovascular fitness
 - E. Flexibility
 - F. Body Composition
 - G. Aerobic and anaerobic
 - H. Stretching exercises
 - I. Wellness and healthy living
 - J. Nutrition

III. Evaluation:

Attendance: Each student will be allowed 3 unexcused absences without penalty. Students who miss 4 or 5 times will receive a grade no higher than a B, 6 or 7 time no higher than a C and more than 7 absences will receive a failing grade in the class.

Tests: 3 exams and three walk/run activities – Exams will make up 50% of final grade.

Participation: Participation in class projects and activities will consist of 50% of the final grade. This includes workouts and class participation.