Tentative Course Calendar

Week 1  Introduction, medical history form
         Dimensions of Wellness
         Fitness Testing (Lab 2.1, p. 15 and 21)

Week 2  Benefits and Safety Guidelines
         Intro to fitness equipment
         Establishing training load (Lab 5.1, p. 57)
         Flexibility Exercises, Warm Up and Cool Down

Week 3  Weight Training Log (p.181)
         Target Heart Rate (Lab 6.1, page 65)
         Safety Guidelines (p. 128)
         Program design (p. 136)

Week 4  Muscle Review
         FITT Principles (Lab 7.1, p. 75)
         Principles of Exercise, Genetics, nutrition and rest factors

Week 5  Muscle structure and function (p.125), Muscle Test

Week 6  Coronary Risk Factors  (Instructor’s Handout)

Week 7  Review for Midterm

Week 8  Midterm Test

Week 9  Nutrition - Six essential nutrients
         Reading a food label
         Food pyramid/serving sizes
         Nutrition lab assignment (Lab 9.1, page 111)

Week 10  Carbohydrates and fats

Week 11  Protein, vitamins and minerals

Week 12  Nutritional Analysis due

Week 13  Calorie Consumption

Week 14  Meal Planning

Week 15  Review for final, post fitness test (Lab 2.1, page 15 and 21)

Week 16  Final Exam
         MWF class Monday May 11, 2009, 10:00am – 12:00
         TR class Thursday May 14th, 2009  8:30 am – 10:30 am

Last Day to withdraw is April 17, 2009