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

Week 2 Benefits and Safety Guidelines
  Walking Technique
  Target Heart Rate (Lab 6.1, page 65)
  Flexibility Exercises, Warm Up and Cool Down

Week 3 Muscle Review
  Introduction to Weights Training
  Establishing training load (Lab 5.1, page 57)

Week 4 FITT Principles (Lab 7.1, page 75)
  Principles of Exercise
  Genetics, nutrition and rest factors

Week 5 Muscle Test
  Injury Prevention
  Environmental factors

Week 6 Coronary Risk Factors (Instructor’s Handout, Heart bites)

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
  Last day to withdrawal is November 14th

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  Thursday May 14, 2009, 2:30PM - 4:30PM