



LIFETIME FITNESS

ACTIVITY		SEMESTER	
LFIT SECTION #		YEAR	
Instructor			
Email			
Time & Location			
Activity Space			
Lab Space	Fetzer Gym B		
Characteristics	1 credit hour, required course		

YOU CAN ONLY TAKE ONE LFIT

Effective Fall 2011, students may take only 1 LFIT course during their career at UNC.

Purpose of the Course

Why is this class important? Unfortunately the majority of college students will become inactive in their early adult years and inactivity causes damaging effects on health and wellness throughout adulthood. We want you to thrive, now and after Carolina. Therefore, **this course is designed to help you engage in healthy physical activity and nutritional behaviors now and in the future.**

Course Overview

This course has two main parts:

Physical Activity Class

&

Self-Paced Online Learning

Throughout the semester, you will participate in a physical activity class while completing the self-paced online learning, consisting of five units:

PHYSICAL
ACTIVITY

AEROBIC
FITNESS

MUSCULAR
FITNESS

NUTRITION

FITNESS
FOR A
LIFETIME

Each unit has three sections, each lasting one week.

LEARN

- * Learn benefits and recommendations of physical activity and healthy nutritional behaviors
- * **Self-paced online learning @ Fusionetics Academy**

LAB

- * Experience important aspects of fitness and nutrition
- * **Large group LFIT Class @ Fetzer Gym B**

ACT & REFLECT

- * Create exercise and nutrition plans and reflect on your experiences
- * Record in your Heel Print
- * **Submitted @ Fusionetics Academy**

Course Materials

COURSE FEE: All LFIT classes carry the same fee of \$50. This is required and gives you access to Fusionetics Academy, the website for self-paced learning. You must purchase this by _____. If you drop the course before the end of Unit 1 and would like a refund, email support@fusionetics.com and include the following information: Student PID; Full name and email (email must match what you used to sign up for Fusionetics); Type of payment used; Semester; Instructor.

FUSIONETICS ACADEMY: This website contains the online learning modules where you will complete the "Learn" portion of this class. They contain a series of videos, activities, and quizzes. Instructors will check on your progress once per unit (5 times during the semester) on the due date. In addition to the "Learn" section, this website provides information on labs and gives instructions for your Heel Print assignments.

HEEL PRINT: You will download this "fillable" PDF document from Fusionetics Academy (Unit 1 - Act & Reflect). This is intended to keep your fitness assessments, fitness and nutrition plans, and reflections all in one place. You will add to this document as the semester progresses and will upload it to Fusionetics Academy as an assignment once per unit (5 times during the semester). At the end of the semester, this will be a personalized health and fitness plan. **IMPORTANT: REVIEW AND FOLLOW THE INSTRUCTIONS WITHIN IN THE COURSE FOR THE HEEL PRINT PDF DOWNLOAD and UPLOAD DETAILS.**

Unit Objectives

Each unit has specific learning objectives designed to help you achieve the course purpose of engaging in healthy physical activity and nutritional behaviors.

Unit 1 : Physical Activity

1. Identify the health benefits of increased physical activity
2. Identify the current national physical activity guidelines
3. Assess your own physical activity and fitness
4. Acknowledge your physical activity and fitness

Unit 2 : Aerobic Fitness

1. Identify the physical, social, and mental benefits of increased physical activity
2. Describe national standards and training principles for physical activity, aerobic, and muscular fitness; and recommendations for adequate nutrition
3. Design and initiate a personal physical activity plan including aerobic and muscular fitness
4. Visit campus and community resources that monitor and improve your health

Unit 3 : Muscular Fitness

1. Identify the physical and mental benefits of increased muscular fitness
2. Describe national standards and training principles for muscular fitness
3. Experience selected flexibility and strengthening exercises
4. Design a personal muscular fitness plan
5. Respond to your experiences from this unit

Unit 4 : Nutrition

1. Identify the physical, social and mental benefits of proper nutrition
2. Describe national standards and recommendations for adequate nutrition
3. Compare food labels to determine the nutritional content of a meal
4. Create and partake in a nutritionally balanced meal

Unit 5 : Fitness for a Lifetime

1. Identify the Transtheoretical Model of Behavioral Change
2. Identify barriers to implementing healthy exercise and nutritional habits
3. Reassess fitness assessment results, muscular/cardiovascular fitness plan, and nutritional choices
4. Create solutions for overcoming barriers to maintaining lifetime fitness and proper nutrition behaviors throughout life

Course Expectations

Our expectations of you are simple: **show up** and **do your best**.

We are not interested in your top performance (e.g. how fast you can run, high you can jump, or far you can throw). However, we are interested in you improving your personal health and wellness. This can only be accomplished through **your choices**. Therefore, invest in your long-term health and wellness by choosing to show up and do your best at every class and with every assignment. This includes being prepared for physical activity (e.g. proper clothes and mindset, hydration and nutrition), following your instructor's lead, and doing the best you can in that moment, and of course leaving your cell phones and ear buds in your bag.

We recognize that personal emergent situations may arise during the semester and cause you to miss a class. Please **communicate** with your instructor as soon as you are able. This is very important. In addition, you may be asked to provide verification (e.g. doctor's note, etc.).

Attendance: Attendance will be taken for all classes. Classes and labs are mandatory. Students may not miss more than 1 lab during the semester. 6 or more absences will result in an F.

Weather: For outdoor classes: Class will never be cancelled due to weather. Class may be moved inside in the event of inclement weather, but this will be at the discretion of the TA and you will need to check your email and the board in front of the equipment room before class. Expect to be outside everyday otherwise.

Dress: Proper athletic clothing and shoes must be worn at all times on activity and lab days. Jeans are not acceptable, nor are sandals.

Honor Code: It is expected that each student in this class will conduct him or herself within the guidelines of the Honor System. All academic work should be done with the highest level of honesty and integrity that the University demands. For more information on the honor code, refer to <http://honor.unc.edu>.

- From the office of Student Conduct: You are not permitted to upload any content from this course to the web in any form, including but not limited to Chegg, Course Hero, Coursera, Google Drive, etc. If you post my course content, you may be violating my intellectual property rights. If you post your own work from this course, you are allowing sites to profit from your intellectual property. In utilizing web sources to upload or download course content, you risk violating the University's Honor Code.

Course Grading

A student's grade is based on three course grading categories:

1. Online Learning Units	10 points each x 5 units	50 possible points
2. Heel Print Assignments	10 points each x 5 units	50 possible points
3. Attendance	Based on Attendance Rubric below	50 possible points

Total Course Points	150 points
----------------------------	-------------------

Unit Grading

This rubric will be used to grade each of the five (5) course units

	Green (10 pts)	Yellow (7 pts)	Red (IN of F)
Online Learning	10 points if a unit is completed on time	7 points if a unit is completed late	A student will receive an incomplete or a failing course grade if a unit is not completed by the end of the semester.
Heel Print	10 points if Heel Print unit assignment is completed on time. All questions included quality and substantial answers.	7 points if Heel Print unit assignment is not completed on time. Some questions or sections are omitted. Students' answers are vague, lacking in quality reflection or thought.	A student will receive an incomplete or a failing course grade if a Heel Print unit assignment is not submitted by the end of the semester.

Attendance Grading

This rubric is used at the end of the semester and is based on the total absences from class

	Green (50 pts)	Yellow (35 pts)	Red (IN of F)
Attendance	<3 absences	3-5 absences	A student will receive an incomplete or a failing course grade if absent for 6 or more classes.