



# Syllabus: FIT 41 Fitness for Living Well

## Quick Links

[Course Materials](#)

[Course Learning Outcomes](#)

[Assignments](#)

[Exams](#)

[Grading](#)

This course is adapted from the online textbook:

- Lockhart, B. D., and R. Hager. *21st Century Wellness: The Science of the Whole Individual*. Indianapolis: Bearface Instructional Technologies.

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## Course Materials

Access to free weights and other exercise equipment is recommended but not required.

[\(Back to top\)](#)

## Course Learning Outcomes

The course learning outcomes are aligned with the SHAPE America national health and physical education standards. All content, assessments, and test questions have been formulated according to these standards.

### Health Standards

- Comprehend concepts related to health promotion and disease prevention to enhance health.



- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Access valid information and products and services to enhance health.
- Use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Use decision-making skills to enhance health.
- Use goal-setting skills to enhance health.
- Practice health-enhancing behaviors and avoid or reduce health risks.
- Advocate for personal, family, and community health.

### **Physical Education Standards**

- Competency in a variety of motor skills and movement patterns.
- Knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

[\(Back to top\)](#)

## **Assignments**

<b>ASSIGNMENT</b>	<b>PERCENTAGE</b>
Unit Quizzes	2% each (14% total)
Unit Essays	3% each (21% total)
Everyday Wellness Assignment	40%
Exam	25%

(In the Everyday Wellness Assignment there are required tracking of activity for 45 days.

[\(Back to top\)](#)

## **Exam**

The final exam is comprehensive and consists of about 70 multiple-choice questions.



[\(Back to top\)](#)

## Grading

**Grading Scale**

<b>LETTER GRADE</b>	<b>PERCENTAGE</b>
<b>A</b>	93–100%
<b>A–</b>	90–92%
<b>B+</b>	87–89%
<b>B</b>	83–86%
<b>B–</b>	80–82%
<b>C+</b>	77–79%
<b>C</b>	73–76%
<b>C–</b>	70–72%
<b>D+</b>	67–69%
<b>D</b>	63–66%
<b>D–</b>	60–62%
<b>E (fail)</b>	0–59%

[\(Back to top\)](#)

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[\(Back to top\)](#)

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[\(Back to top\)](#)

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