



Syllabus for Fitness

Welcome to CE051B and CE052C: Fitness Parts I and III!

Please read the information in this syllabus before proceeding to the course materials.

Credits: 1.0 credit hours

Prerequisite: None

Instructional Team

Teacher Contact Information

tutors@Ashworthcollege.edu

Our Academic Advisors are also available to help you when you need it. They are trained to provide tutoring in all subjects or answer your questions about the course or program.

Phone: 1-800-224-7234

Hours: 8:30AM – 8:30PM EST Monday-Friday

Textbook

Fit to Be Well: Essential Concepts, 3rd edition. Thygerson and Thygerson, 2013.

Nancy Clark's Sports Nutrition Guidebook, 5th edition, Clark, 2014.

The T Factor Fat Gram Counter, Katahn.

Course Description

Fitness teaches the importance of exercise and wellness as part of a healthy lifestyle. Topics include Cardiovascular Fitness, Flexibility, Body Mechanics, Diet and Weight Management, Managing Stress and Injury Prevention. Students will take a multiple choice exam after each lesson.

Course Learning Objectives

Upon completion of this course, you should be able to:

- Articulate the essential nature of physical fitness on the human body, identify the role that exercise and fitness play in physical wellness and weight management, and describe how regular exercise can contribute to the prevention of conditions such as coronary heart disease.
- Identify and describe human anatomy, including the structures and functions of the various parts of the human body, as well as their capabilities and limitations in relation to physical activity.
- Compare and contrast aerobic and anaerobic exercise, explain how the body responds and adapts to regular physical conditioning, and describe how different exercise and tools can be appropriately utilized in a successful physical conditioning or weight loss program.



- Explain how to conduct fitness testing to pinpoint the strengths and weaknesses of individuals in different aspects of physical fitness; design an individualized exercise program that meets the specific needs of the individual based on the person's test results and goals.
- Determine the role of food in society and outline the factors that determine individual food choice, explain how assessment instruments can be used to identify health and dietary issues, and describe ways to encourage clients to follow balanced diets.

Course Lessons

The following lessons are covered in CE051B: Fitness Part I:

Lesson	Read/Submit	Topics
Lesson 1	pp. 1-15 Fit to Be Well and Notes from Your Instructor Exam 1	Introduction to Physical Fitness and Wellness
Lesson 2	pp. 17-27 Fit to Be Well and Notes from Your Instructor Exam 2	Health Benefits of Physical Activity and Exercise
Lesson 3	pp. 29-43 Fit to Be Well and Notes from Your Instructor Exam 3	Changing to a Healthy Lifestyle
Lesson 4	pp. 45-61 Fit to Be Well and Notes from Your Instructor Exam 4	Preparing for Physical Activity and Exercise

The following lessons are covered in CE052C: Fitness Part 2:

Lesson	Read/Submit	Topics
Lesson 1	pp. 63-87 Fit to Be Well and Notes from Your Instructor Exam 1	Achieving Cardiorespiratory Fitness
Lesson 2	pp. 89-103 Fit to Be Well and Notes from Your Instructor Exam 2	Developing Flexibility
Lesson 3	pp. 105-125 Fit to Be Well and Notes from Your Instructor Exam 3	Developing Muscular Strength and Endurance



Lesson 4	pp. 127-175 Fit to Be Well and Notes from Your Instructor Exam 4	Fitness Nutrition
Lesson 5	pp. 177-211 Fit to Be Well and Notes from Your Instructor Exam 5	Body Composition and Fitness
Lesson 6	pp. 213-273 Fit to Be Well and Notes from Your Instructor Exam 6	Managing Stress
Lesson 7	pp. 233-243 Fit to Be Well and Notes from Your Instructor Exam 7	Making Informed Decisions
Lesson 8	pp. 245-259 and Notes from Your Instructor Exam 8	Injury Prevention
Lesson 9	pp.3-61 Nancy Clark's Sports Nutrition Guidebook and Notes from Your Instructor Exam 9	Assessing Diet
Lesson 10	pp. 63-110 Nancy Clark's Sports Nutrition Guidebook and Notes from Your Instructor Exam 10	High Impact Meals for Top Performance
Lesson 11	pp. 111-175 Nancy Clark's Sports Nutrition Guidebook and Notes from Your Instructor Exam 11	Fueling Your Muscles: Carbs V. Proteins and the Importance of Water
Lesson 12	pp. 179-265 Nancy Clark's Sports Nutrition Guidebook and Notes from Your Instructor Exam 12	Eating for Exercising and Recovery
Lesson 13	pp.269-305 Nancy Clark's Sports Nutrition Guidebook and Notes from Your Instructor Exam 13	Weight Management for Athletes I: Fat Levels, Maintaining a Healthy Body Image, and Adding Bulk
Lesson 14	pp. 307-352 Nancy Clark's Sports Nutrition Guidebook and Notes from Your Instructor Exam 14	Weight Management for Athletes II: Losing Safely and Identifying Eating Disorders



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