

West Los Angeles College

Department of Physical Education/Health

HEALTH 2

Sections # 8328

Instructor: K. Olescyski, M.S.

Contact via email: olescyk@wlaac.edu

Course Description:

Health 2 - a course that involves the student in personal health and fitness. Principles of healthy living combined with fitness activities and workouts. You get it all here. This course requires you to submit assignments on etudes and use digital pictures. You must be proficient in using, and have ready-access to a digital camera and appropriate software. The entire course is completed within ETUDES. E-mails of assignments will not be accepted. Nothing will be e-mailed to any individual student. All requirements for the course have to be met within ETUDES.

Recommended Text:

"Fit & Well, Brief Edition: Core Concepts and Labs in Physical Fitness and Wellness," 9/e
Thomas D. Fahey, California State University - Chico, Paul M. Insel, Stanford University
Walton T. Roth, Stanford University. ISBN: 0077349695. Copyright year: 2011

***Class starts at 5:00 a.m. on Monday, March 4

Recommended Equipment: (if equipment is available to you, do not purchase it)

- Fitness Clothing and Shoes - appropriate clothing such as shorts, tights, T-shirts, fitness apparel must be worn for fitness testing and workouts. Please wear the appropriate clothing for workouts. Workouts are based on the honor system, you will record journal entries to describe workouts and fulfill all requirements in workout assignment.
- Body Fat Percentage Testing Equipment -
 1. Slim Guide Skinfold Caliper -
www.exrx.net/Store/Other/SlimGuide.html
 2. Body Fat/Body Weight Scales -
bodyfatscale.us/home_body_fat_scales.htm

Course Content:

Fitness and Wellness

Personal Fitness

Health-Related Fitness

Cardiorespiratory Endurance

Muscular Strength and Endurance

Flexibility and Range-of-Motion

Body Composition

Weight Management

Nutrition

Fitness Programming (including all Fitness Components, FITT)

Fitness Testing (CRF, STREND, FLEX, Body Comp, Pre and Post)

Workouts (stretching, walking/running, weights, yoga, core, agility)

Content Modules:

Content Modules have been developed to supplement the textbook, provide additional information, and present fitness tests and workouts. These are for your learning purpose and are accessible throughout the course. They have independent schedules from the Assignments, Tests, and Surveys.

Evaluation: All Assessments are accessible in the Assignments, Tests, and Surveys link.

Lecture Assessments: (50% of Course Grade)

8 Chapter/Module Exams

Multiple Choice and True/False Questions

DO NOT OPEN ANY EXAM UNTIL YOU ARE READY TO COMPLETE IT IN ONE SITTING. TIME WILL EXPIRE PROMPTLY. THERE IS NO ADDED OR EXTRA TIME POSSIBLE.

You will have 2 Timed Attempts at each Chapter/Module Exam. You will have 120-minutes for each attempt at each Exam. Questions and Answers will SCRAMBLE each attempt. Study before you try each exam. They are not set-up so you can just look-up answers.

Lecture Assessments: (50% of Course Grade)

8 Chapter/Module Exams 50 points each

Health PE SLO Quiz 25 points

425 total Lecture Assessments points

Discussion Participation: (Part of Lecture Assessment)

For each Chapter/Module, participate in the online discussion by submitting an entry in Discussion and Private Messages.

Each entry is worth 5 points

8 entries X 5 points each = 40 Discussion points.

1 entry worth 10 points= 50 Total Discussion Points

450 TOTAL points

Participation Assessments: (50% of Course Grade)

Fitness Testing Pre Test Participation (5 Assignments) 60 points

Weekly Workout Participation Weekly (12 Assignments) 180 points

Fitness Testing Post Test Participation (5 Assignments) 60 points

Fitness Photo Assignment Before/After (2 Assignments) 20 points

320 TOTAL Participation Assessments points

795 TOTAL Points for class

Grading Scale:

100% - 90% = A

89% - 80% = B

79% - 70% = C

69% - 60% = D

59% - 0% = F

Final course grades may be adjusted according to normative or average performance. In other words, final course grades may be "curved" if deemed necessary.

Learning Objective:

Upon completion of this course, students will have gained a greater knowledge-base of the meaning of health and wellness. With this greater knowledge-base, students will then be able to make better choices for themselves with respect to their personal health, and the health of

others. Additionally, with the exercise experience gained in the course, students will be able to continue an active lifestyle for their lifespan.

Course policy:

Students are responsible for dropping any class they no longer wish to attend. Failure to drop any unwanted class, will result in a failing grade. Stay on schedule and you will do well.

Course Schedule:

This course has 2 equal parts (Lecture and Participation.) Each part has an independent schedule that must be met. Make sure you complete both parts simultaneously. Each part has dates and deadlines that must be met. It is your responsibility to complete the parts in a timely manner. These will not change.

Please follow the schedule carefully and meet every deadline.

Please see the Assignments, Tests, and Surveys link for dates. All Assignments, Test, Surveys, and Discussions expire and must be completed before they CLOSE. Nothing is OPENed after it has CLOSED.

**Your instructor reserves the right to amend any of these criteria as he sees fit.