

**AL275 FIT & WELL
REQUIREMENTS, ASSIGNMENTS AND GRADES**

A. Lab Exercises (30%)

All Labs which are to be completed are contained in the Student Module (copies of most are also found in the textbook). Unless otherwise instructed, labs should be completed in their entirety with special emphasis given to the “Using Your Results” section. These Labs “reports” should be turned-in each week to be reviewed by the instructor, then placed in the Portfolio. Make a photocopy of the lab to turn in to your instructor.

B. Behavior Change Plan, Paper and Presentation (30%)

The Behavior Change Plan will follow a progression throughout the course. You will begin by considering various behaviors you are interested in changing, then choosing one and having it approved by the instructor. You will then write a 2-3 page paper explaining why it is important for you to change this behavior. This paper should include research support and personal incentives. Behavior Change Plan workbook activities are assigned and completed each session. Students wishing to follow a different plan or format may do so with the permission of the instructor. All plans must include a target behavior, goals, examination of attitudes, a Behavior Change contract, and a daily progress/reflections journal. In Session VI you will turn in a 5-10 page paper chronicling the Behavior Change Plan, demonstrating a thorough understanding of your topic based on current research findings, a description of your behavior change process, your results, and implications for the future. During Session VI you will present and share your Behavior Change Plan experiences and results.

C. Personal Fitness Plan, Activity and Workout Log (30%)

As a part of this course, you will be asked to take part in physical activity on a regular basis. During the initial weeks, the type and amount of activity will be assigned by the instructor and explained in the module. Based on your self-assessment, you should develop a fitness plan in conjunction with your instructor and follow it throughout the course. Write out your assessment, your plan and the reasons that you have chosen this course, and then record all your activities in a Workout Log. Include the write-up of your fitness plan and your Work Out logs in your portfolio. During Session V you will share your fitness program with the members of your class. At the last session you will turn in your Fitness Plan, Work Out log and an assessment of how well you were able to achieve the goals of your fitness plan.

D. Class Discussion and Activity (10%)

You are expected to take part in class discussion and participate in all class activities. Medical conditions or special situations must be addressed prior to the first class meeting. If any health issues come up during the class that would affect your ability to participate, contact your instructor immediately.

Your Portfolio: Obtain a folder with pockets or a three-ring binder (your Portfolio) into which you place all materials relating to the Lab Exercises, Behavior Change Plan and paper, Personal Fitness Plan and Workout Log, and other items as assigned. When the assignments you submit in the last session are returned to you after the class, keep them in your Portfolio – and keep working!