

Fit & Well - Session I

Chapters 1 & 2

Introductions

Email/Contact information exchange

Fit & Well Course overview and requirements (page 8 of the student module)

Accumulation of 4 or more hours of class time missed = failure of the class, Concordia policy.

Make-up work – each week will be different topic, additional 2-3 page paper.

Review “Program Reminders” (page 2)

In-Class workout sessions – Powder Valley, weather permitting.

Workout log – Weekly

Behavior Change Workbook Activities - Weekly

Lab Exercises - Weekly

Class participation in discussions/Physical activity – Weekly

Behavior Change plan 2-3 page paper – due on Session II or III

Portfolio – behavior change workbook – weekly/on going – due on Session VI

Behavior Change Plan 5-6 page paper – due on Session VI

Behavior Change presentation of your behavior change and portfolio - Session VI

Questions about the class???

Session I

Six Dimensions of Wellness (handout)

“Wholeness Wheel” (handout)

Chapter 1 & 2 (handout)

Lab A1-1 (handout)

Target Heart rate Zone

$220 (-) \text{ your age} = \text{Your Max heart rate}$

$\text{Your Max heart rate} \times .90/.85 = \text{top end of your target heart rate zone.}$

$\text{Your Max heart rate} \times .60 = \text{low end of your target heart rate zone.}$

F.I.T.T. concept

Proper warm-up/cool-down

Stretching program

Ballistic

PNF

Static

Dynamic stretching/Dynamic warm up

Fitness walking program