

WEST LOS ANGELES COLLEGE
PHYSICAL EDUCATION AND HEALTH
HEALTH 2 – Fitness and Wellness
Section # 1183
SUMMER 2014

Instructor: Kirk Oleescyski, M.S.

E-Mail Address: oleescyk@wlaac.edu

Office: PEC-S

Office Hours: Mon., Tues., Wed., Thurs. – 12:00 p.m. – 1:00 p.m.

Class Time: Mon., Tues., Wed., Thurs. – 1:00 p.m. – 3:05 p.m.

Class Location: PECN 11, Gym, Fitness Center

Course Description & Objectives

General study of health designed to promote desirable health attitudes and to provide up-to-date information in the areas of individual, family, and community health. As a result of taking this course, students will be able to:

- Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.
- Identify one's personal responsibility to reduce health risks associated with the leading causes of death and disability by recognizing high-risk behaviors and their impact on current and future health.
- Understand the importance of a global perspective on health, and recognize how gender, racial, and cultural background influence disparities in health status, research and risk.
- Identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet.
- Demonstrate through performance on exams, projects, classroom discussions and written assessments, evidence of ability to understand and use the concepts of this class.

Required text:

Fahey, Insel, Roth (2013) Fit & Well, Brief Edition, 10th or 11th Ed. McGraw Hill. ISBN 0077411846

Course Evaluation:

Health 2:

Exam #1	(10%)
Exam #2	(10%)
Exam #3	(10%)
Exam #4	(10%)
Exam #5	(10%)
Exam #6	(10%)
Exam #7	(10%)
Exam #8	(10%)
<u>Workout Participation</u>	<u>(20%)</u>
TOTAL	100%

Grading:

100% – 90% = A, 89% – 80% = B, 79% – 70% = C, 69% – 60% = D, 59% – 0% = F

Student Conduct and Discipline: It is expected that all students are enrolled in this lecture class for serious educational pursuits and that their conduct will preserve an atmosphere of learning. This includes arriving to class on time, no wearing of hats in class, showing respect for the instructor, visiting lecture guests and other students; no talking during lecture, no cell phone texting, no playing computer

games, and please stay the entire class time. All students are expected to assume the responsibilities of citizenship in the campus community.

Course Schedule:

Mon.	June	16	Chapter 1 Activity Introduction	Tues.	July	15	Exam 6 Activity
Tues.	June	17	Chapter 1 Activity	Wed.	July	16	Chapter 7 Activity
Wed.	June	18	Exam 1 Activity	Thurs.	July	17	Chapter 7 Activity
Thurs.	June	19	Chapter 2 Activity	Mon.	July	21	Exam 7 Activity
Mon.	June	23	Chapter 2 Activity	Tues.	July	22	Chapter 8 Activity
Tues.	June	24	Exam 2 Activity	Wed.	July	23	Chapter 8 Activity
Wed.	June	25	Chapter 3 <i>Cardiorespiratory Fitness Testing</i>	Thurs.	July	24	Exam 8 Activity
Thurs.	June	26	Chapter 3 Activity				
Mon.	June	30	Exam 3 Activity				
Tues.	July	01	Chapter 4 <i>Muscular Endurance Testing</i>				
Wed.	July	02	Chapter 4 Activity				
Thurs.	July	03	Exam 4 Activity				
Mon.	July	07	Chapter 5 <i>Flexibility, Low Back Endurance Testing</i>				
Tues.	July	08	Chapter 5 Activity				
Wed.	July	09	Exam 5 Yoga				
Thurs.	July	10	Chapter 6 <i>Body Composition Testing</i>				
Mon.	July	14	Chapter 6 Activity				