

West Virginia College of Learning

Course: FRSM 105 Fit Freshmen

Spring 2011

Pre-requisites: None

Day/Time: Thursdays, 2 –4 p.m. Credit Hours: Two
Classroom: Room 110, C Building
Instructors: Various faculty, staff, students and community representatives will assist in instruction.
Facilitators: Eva Hallis, Jennifer Riggleman, Sherri Stepp
Phone: Eva, 304-896-7335; Jennifer, 304-637-1383; Sherri, 304-696-7038
Office hours and additional contact information will be made available at the first class meeting.

Course Description: Topics will include emphasis on awareness of illnesses related to obesity, current nutrition & physical activity guidelines and exploration of community involvement. The course will include the role each participant to make personal changes and influence others to do the same, to commit to a lifelong wellness lifestyle.

Instructional Materials/Texts: No text. Additional materials will be made available on the website or at class meetings. Outside course work is expected.

Course Focus: This course aims to promote lifelong patterns of behavior that enable the student to establish and commit to a wellness lifestyle and make an impact in their family or community.

The course involves discussion, individual and team work (written and verbal), and online assignments. Independent study is expected. A personal journal will be maintained to express feelings and responses to directed questions. Entries will only be read by the facilitators and not made public.

Course Goals: Upon completion of the course, participants will

1. Understand obesity related illnesses.
2. Describe and understand why physical activity is crucial to a healthy lifestyle.
3. Describe and understand why proper nutrition is essential in maintaining a healthy body.
4. Identify the role of healthy choices in maximizing one's quality of life.
5. Identify groups and activities in the community and on campus that promote health behavior changes.
6. Demonstrate lifestyle changes that impact self and family or others in the community or on campus.

Objectives:

1. Review nutritional guidelines.
2. Review physical activity guidelines.
3. Analyze your own nutritional, physical activity and other health information like blood pressure, etc.
4. Understand the guidelines for health information like blood pressure, percent body fat, VO2max, cholesterol and blood sugar.
5. Monitor and record your own diet and physical activity.
6. Develop a plan to improve personal wellness including nutrition and physical activity.
7. Evaluate your risk of developing cardiovascular diseases.

8. Explore community and on campus support groups and agencies that can assist in making changes in others lives.

Student Expectations: Each student is expected to attend the scheduled class meetings and participate in activities. Engaging in implementing lifestyle changes can only occur when YOU make the choice. You can make a difference in the lives of others. You will become a role model. Take it seriously.

Disability: The College will make reasonable accommodation for persons with documented disabilities. If you have a disability that may have some impact on your work in the class and for which you may require accommodations, please contact 304-555-5555, of Student Services on the college campus.

Academic Integrity: Academic integrity forms a bond of trust between peers, teachers and students. There is no tolerance for academic dishonesty in any form including unacknowledged borrowing of proprietary material, copying answers or papers, or passing off as someone else's work as one's own. This applies to online work as well. Keeping any personal information confidential is imperative and should not be shared on social networks.

Course Evaluation:

Attendance/Participation at class meetings	10%
Self assessment (pre and post)	20%
Journal, class writings, weekly assessments and weekly activity logs	20%
Personal Plan	50%

Incentive: upon completion of the program with successful lifestyle changes, the student may be eligible for reduced or free gym membership or 7 day trip to a New York college, to promote the changes, and other drawings.

Grading Scale: follows College's student handbook. Rounding only occurs at final course average.

Course Schedule (^syllabus and schedule are subject to change at facilitator's discretion)
See the following pages.

Course Schedule:

Week:	Topic (in class)	Internet/Journal/Logs/ Plan (outside class) Due day of class meeting.
1	The college lifestyle; National and state health results; Take the fast food quiz; Basic nutrition guidelines (guest presenter). Learn to count calories, read labels, portions. Watch the American Heart Association video, Nancy Brown, Simple 7; Basic activities guidelines for exercise (guest presenter). Handout logs & self assessment. Contract.	Complete American Heart Association's Simple 7 personal assessment and bring results to the next class. You may need to contact your physician for information like blood pressure, cholesterol.... Begin to log calories, activity and weight. Complete pre self assessment of your current nutrition and physical activity.
2	Obesity and all that is associated with it- CHD, MI, Diabetes, High Blood pressure,.....	Respond to the following in your journal: What are my feelings about obesity? When I see someone I think is obese, what assumptions do I make? (Minimum of 100 words). Continue to complete your logs.
3	More on nutrition – how to make lifelong changes; Cooking for freshmen, guest presenter.	Respond to the following in your journal: My eating habits are.....; What has influenced my eating habits in the past and now as freshmen? How have they changed? Continue to complete your logs.
4	More on physical activity; Demonstration of simple exercises. Warming up; How to monitor your heart rate.	Respond to the following in your journal: My physical activity is.....; What has influenced my physical activity or lack of, in the past and now as freshmen? How have they changed? Continue to complete your logs.
5	Panel- testimonies of those who have made healthy changes; their struggles and successes.	Respond to the following in your journal: What changes have I made to my personal nutrition and/or physical activity since the course began? How do I feel about my progress or lack of it? What will I do differently until the end of the course? Continue to complete your logs.
6	Resources available on campus	Review the college website, catalog and on site student services for resources available to you. Be prepared to discuss them. Respond to the following in your journal: My perception of the resources on campus is..... What additional resources would you like to see? Continue to complete your logs.

7	Resources available off campus. Community agencies panel discussion.	Research the internet for any resources in your local community, regionally and nationally. Be prepared to discuss each and what they have to offer. Respond to the following in your journal: What community agencies are available? What services are missing or need changed? Continue to complete your logs.
8	Recognizing other things that impact my success; stress, etc.	Respond to the following in your journal: What internal and external influences affect my progress? Do they affect me negatively or positively? How can I change the negative influences? Continue to complete your logs.
9	Choosing to change for a lifetime. Distribute self assessment, due next week. Enjoy a nutrition meal!	Respond to the following in your journal: What will the impact be for me as I make nutrition and activity changes? How will it affect others like family and the community? Continue to complete your logs.
10	What now? How can I impact others? Acknowledge successes.	Bring your journal. A final entry will be completed in class. Complete your final logs. Post self assessment plan due.