



## Syllabus

### HPE 125 Lifetime Fitness and Nutrition

#### General Information

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**Date**

November 14th, 2019

**Author**

Eric Marsh

**Department**

Physical Education and Integrated Health Care

**Course Prefix**

HPE

**Course Number**

125

**Course Title**

Lifetime Fitness and Nutrition

#### Course Information

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**Credit Hours**

1

**Lecture Contact Hours**

1.5

**Lab Contact Hours**

0.5

**Other Contact Hours**

0

**Catalog Description**

This course is focused on the relationship of nutrition and physical activity to promote and achieve overall lifetime fitness.

The student will explore and learn to apply concepts of nutrition, body composition, weight management, cardiorespiratory endurance and flexibility to develop a personal comprehensive fitness plan for life

**Prerequisites**

None

**Co-requisites**

None

**Grading Scheme**

Letter

#### First Year Experience/Capstone Designation

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This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

#### SUNY General Education

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This course is designated as satisfying a requirement in the following SUNY Gen Ed category

None

#### FLCC Values

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#### Institutional Learning Outcomes Addressed by the Course

None

## Course Learning Outcomes

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### Course Learning Outcomes

1. Design a personal self-study project addressing strengths and deficiencies in nutrition, fitness, and physical activity
2. Implement a comprehensive plan to apply fitness and nutrition concepts in life and work
3. Analyze and formulate, based upon empirical evidence, healthy decisions to promote well-being
4. Critique current and valid sources of health information

## Program Affiliation

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**This course is not required as a core course in a program**

## Outline of Topics Covered

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1. Behavioral science
2. Nutrition
3. Body composition
4. Weight management
5. Cardiorespiratory endurance
6. Muscular strength, Muscular endurance, and Muscular flexibility
7. Disease prevention
8. Application of components for developing comprehensive fitness program