Attire:
You must wear athletic attire suitable for walking and running, including athletic shoes (walking, running, cross trainers, etc.), shorts or seats, socks. You may be lying down for some stretches, so be sure your clothing is modest. No denim or non-athletic apparel is allowed. Students not dressed appropriately will not be allowed to participate in that day's activities. Students who cannot participate due to improper clothing will receive a zero for that day.

Class Description:
Lifetime Fitness is an overview of the requirements of a lifestyle conducive to fitness and health. Students will participate in a variety of fitness activities and be introduced to topics related to a healthy lifestyle.

Objectives:
Students will...
1. Gain knowledge to improve and enhance overall fitness through a variety of activities designed to improve cardiovascular endurance, muscular strength, muscular endurance, and body composition.
2. Understand and appreciate a variety of activities as they relate to overall fitness.
3. Demonstrate understanding of concepts related to the components of health-related fitness.

Evaluation:
Knowledge (50%)
- Test 30%
- Karvonen Formula 10%
- Exercise Journal 10%
Skill (50%)
- 1 mile walk or 1.5 mile run 10%
- Rockwall 10%
- Weight Training 10%
- Racquetball 10%
- Cardio Machines 10%
Grading Scale:
A – 90 and above
B – 80 – 89.9
C – 70 -79.9
D – 60-69.9
F – 59.9 and below

Once, your final grade is assigned it will. Not be changed (unless there is an error in the grade). No extra credit, extra assignments, retaking tests, etc. will be offered or accepted to improve grades once they are assigned. Multiple opportunities are given to students to earn their course grade, and it is suggested that you take advantage of every opportunity to make the highest grade possible.

Test:
Your written test will be multiple choice, true-false, and matching. You will need a (green) scantron 882-ES and a pencil. If you cannot take the exam due to illness, injury, or family emergency, the instructor must be notified prior to the exam. Students will be required to present appropriate documentation for missing a scheduled exam. Any student missing an exam or assignment without prior arrangement will receive a score of zero.

Exercise Journal:
A daily exercise journal will be kept to turn in at the end of the session.

Karvonen Formula:
A worksheet called the “Karvonen Formula” will be distributed in class. You must have it will you in class the day the Karvonen is due. We will do this together in class.

1 Mile Walks/1.5 Mile Runs:
Every student will perform a 1 mile timed walk or 1.5 mile run during the term. Standards are located on this syllabus.

Rock Climbing:
Students will be expected to use the proper equipment and technique for rock climbing and attempt to climb the rock wall.

Cardio Machines:
Students will be able to complete a cardiovascular workout on a machine of their choice.

Weight Training:
Students will be taught a variety of exercises with emphasis on proper technique.

Racquetball:
Students will be able to successfully play a game of racquetball using proper scoring and service rules.
Class attendance is expected:
For each unexcused absence, 3 points will be deducted from the final grade. One point will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. Leaving class early or not participating will be treated as an absence or tardy. Class assignments will not be accepted after the due date. Excused absences are defined by university policy and must be documented appropriately by the next class period. (I will need a copy of the documentation that I can keep).

Statement on Student Behavior:
All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Hanbook) In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) leave the class area clean, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property will respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

Students with Disabilities:
Office of Student Disability Resources and Services, Texas A&M University-Commerce, Gee Library, Room 132, 903-458-8148, studentdisabilitieservices@tamuc.edu

Course Policies:
1. Students are expected to be in class, ready to participate, on time.
2. An excused absence is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.
3. Any student missing an exam or assignment without prior arrangement will receive a score of zero.
4. You must check your e-mail regularly in case I need to communicate with you.
5. While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. Cell phones.
6. Due dates listed for assignments are the last chance to submit them. Late assignments will not be accepted.
7. If you have a question or concern, talk to me. If you need to reach me and I am not in my office, e-mail me.
This schedule is tentative and is subject to change. I will let you know if the schedule changes!!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>In-class activity</th>
<th>Due today/graded activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>10</td>
<td>Intro to class; Walking/Jogging</td>
<td></td>
</tr>
<tr>
<td>TH</td>
<td>12</td>
<td>Cardio Machines</td>
<td></td>
</tr>
<tr>
<td>T</td>
<td>17</td>
<td>Weight Training</td>
<td>Karvonen formula</td>
</tr>
<tr>
<td>TH</td>
<td>19</td>
<td>Racquetball</td>
<td></td>
</tr>
<tr>
<td>T</td>
<td>24</td>
<td>Rock Climbing</td>
<td></td>
</tr>
<tr>
<td>TH</td>
<td>26</td>
<td>TBD workout</td>
<td></td>
</tr>
<tr>
<td>T</td>
<td>31</td>
<td>TBD workout</td>
<td></td>
</tr>
<tr>
<td>TH</td>
<td>2</td>
<td>TBD workout</td>
<td></td>
</tr>
<tr>
<td>T</td>
<td>7</td>
<td>1m/1.5m run walk test</td>
<td>Last try run/walk test, journal due</td>
</tr>
<tr>
<td>TH</td>
<td>9</td>
<td>Written test/ TBA workout</td>
<td></td>
</tr>
</tbody>
</table>