



**COURSE SCHEDULE**

( ) Chapters from textbook

Classroom - Tuesday, Thursday

Sept. 9 Introduction, Course Outline

Sept. 14 Wellness (1)

Sept. 16 Wellness and fitness (1)

Sept. 21 Energy systems

Sept. 23 Energy systems

Sept. 28 Cardiorespiratory exercise (6)

Sept. 30 " (7)

Oct. 5 Flexibility (9)

Oct. 7 Posture, back care

Oct. 12 Strength training (8)

Oct. 14 " (8)

Oct. 19 Cardiovascular disease (12)

Oct. 21 Test No. 1

Oct. 26 Stress management (11)

Oct. 28 " (11)

Nov. 2 Nutrition (3)

Nov. 4 " (3)

Nov. 9 Body composition (4)

Nov. 11 Remembrance Day - no class

Nov. 16 Weight management (5)

Nov. 18 Eating disorders

Nov. 23 Exercise cautions

Nov. 25 Fraud and quackery (16)

Nov. 30 Cancer (13), Smoking (14)

Dec. 2 AIDS (15)

Dec. 7 Wrap-up and review

Dec. 9 Test No. 2

Labs - Friday

2A, Wellness Inventory

Blood Pressure

Interval Training

9B, 9C

Fitness Assessment, 1A

Progressive Relaxation

11A, 11B, 11C, 11E  
Autogenic Training

Nutrition analysis

No lab - College closed

4B, 5A, 5B

Grocery Store Tour

Fitness re-assessment  
13A, 13B, 15A, 15C