

EDUCATION 457-4
TEACHING ACTIVE HEALTH

SPRING, 1984
Tuesday 4:30 - 8:20 pm

Instructor: Dr. David Stirling
Location: MPX 7520
Prerequisites: Kines. 375 or
Permission of the Instructor

OBJECTIVES

The objective of this course will be to study the content areas related to a secondary school active health program. This study will include a detailed analysis of the various structure and function relationships as well as the various teaching strategies that can be used to teach these concepts.

COURSE CONTENT

The following course content areas will be studied from a structure and function perspective with an emphasis on identifying important concepts and strategies for teaching and training:

- Lifestyle Inventory Fitness Evaluation
- Body Composition
- Cardiovascular Function
- Flexibility
- Nutrition
- Motor Ability
- Muscular Strength
- Muscular Endurance
- Stress
- Current Active Health Issues

EVALUATION

Term Project	30%
Laboratory Assignment	20%
Classroom Assignments	20%
Final Examination	30%

REQUIRED TEXT

No required text. All required reference materials will be provided at cost.