

**Augsburg College**  
**HPE 001R – Foundations of Fitness**

**Instructor:** Linda Dorschner

**Phone:** 285-7564

**E-mail:** [Linda.dorschner@roch.edu](mailto:Linda.dorschner@roch.edu)

**Book:** **Fitness and Wellness** 7<sup>th</sup> ed by Hoeger ISBN #0-495-11343-3

**Catalog Description:** This course is required of all Augsburg students. It seeks to improve the student's knowledge and understanding of the components of physical fitness and how they contribute to personal lifelong health and well being. This course is designed to not only provide knowledge but also to discuss and analyze ways an individual can assess, monitor, motivate and discipline him/herself to maintain a lifestyle of fitness and wellness.

**Course Objectives:**

1. The student will be aware of the components and benefits of lifelong physical fitness and how they relate to a lifestyle of health and wellness.
2. The student will gain the necessary skills to design and maintain a lifestyle of fitness and wellness.
3. The student will learn to see exercise as "play" and fun.
4. The student will have knowledge (and hopefully the enthusiasm) to be motivated to make proactive choices that lead to a healthier lifestyle.
5. The student will experience the benefits of physical exercise as a stress reducer.
6. The student will become aware of the gamut of misinformation that relates to fitness and be able to make informed decisions about their own physical fitness and wellness.

**Course Requirements:**

1. Attendance required –(5wks3hrx10pts) 150 points
2. Participation in all activities
3. Class Discussion
4. 12 Lab assignments – (5ptsx12) 60 points
5. 5 wks Exercise Log- (5x5pts) 25 points
6. Personal Fitness Program 50 points
7. Written Test 50 points

Total – 335-235 P

234 – lower N

**Grading System: P-N**

**Attendance:** Students are required to attend.

**Honesty Policy:** The Augsburg College policy on academic honesty applies to this course. Please refer to the [Augsburg Guide](#) for details.

**Statement On Student Rights & Responsibilities:**

Students with diagnosed learning disabilities or physical handicaps may have legal rights to course modifications. Please identify yourself to the professor so she/he might assist you with your progress. All students have the right to use the College Counseling center & Academic Skills center as well as to receive assistance from the Writing Lab.