

**EXS 150 - The Art and Science of Human Movement
Course Schedule, Spring, 2003**

This is the revised schedule with the correct dates. If you downloaded a previous schedule,
please use this one instead

Following is the class schedule for EXS 150 for Spring, 2003. I will attempt to adhere as closely as possible to the schedule. Regardless of lecture topics, the examinations will be held on the days listed.

Date	Topic	Reading
Jan 14	Introduction	Handouts, Web
Jan 16	Understanding Fitness and Wellness <i>Lab 1 (pg 15, 45) – Lifestyle Assessment Inventory(1.1) and Health Status Questionnaire(2.1)</i>	Chapter 1
Jan 21, 23	Fitness Evaluation and Self Testing <i>Lab 2 (pg 49) – One mile walk</i>	Chapter 2
Jan 28, 30	Principles of Exercise for Health and Fitness	Chapter 3
Feb 4, 6	Exercise Prescription Guidelines: Cardiorespiratory Fitness	Chapter 4
Feb 11	Exam #1	
Feb 13, 18	Improving Muscle Strength and Endurance <i>Lab 3 (pg 57, 59) – Muscular Endurance and Flexibility Assessment</i>	Chapter 5
Feb 20	Improving Flexibility	Chapter 6
Feb 25, 27	Nutrition, Health and Fitness	Chapter 7
Mar 4	Exercise, Diet and Weight Control	Chapter 8
Mar 6	Exam #2	
Mar 11, 13	Exercise and the Environment	Chapter 11
Mar 25, 27	Exercise for Special Populations	Chapter 12

Apr 1	Exercise-related Injuries	Chapter 13
Apr 3	Exam #3	
Apr 8, 10	Prevention of Cardiovascular Disease	Chapter 9
Apr 15	Prevention of Cancer	Chapter 14
Apr 17, 22	Stress Management and Behavior Modification <i>Lab 4 (pg 255) - Stress Index Questionnaire</i>	Chapter 10
Apr 24, 29	Lifetime Fitness	Chapter 16

Week of December 9 is final exam week. Please look in the syllabus to find the date and time for your final examination.