

## PE 9A - FIT OR FAT: EXERCISE AND DIET

City College of San Francisco, Spring 2008  
Health & Wellness Center 330  
CCSF Voice Mail: 415-452-7311  
Office: Health & Wellness Center

Instructor: Tracey A. Kobayashi  
<http://fog.ccsf.edu/~tkobayas/>  
tkobayas@ccsf.edu  
AIM: TKatCCSF / YIM: tkobico

**THE COURSE** Obesity is defined by relative fat mass/body fat percent, and weight. Whether for health or aesthetic reasons, excess fat is generally a negative attribute: it is a risk factor in many diseases; and the media worships anorexic waifs. Unfortunately, modern life reveres quick fixes and ease-of-use which contributes to unhealthy habits and obesity. This semester you will learn health, fitness and body composition concepts, participate in physical activity, fitness evaluation, goal planning, literature critique and progress evaluation. This course benefits you -- if you are interested in a topic or have something to share, please bring it up!

### OBJECTIVES

- ♦ **Psychomotor:** Experience a variety of activities to reinforce a healthy lifestyle.
- ♦ **Cognitive:** Acquire knowledge of fitness concepts and apply it to developing a weight control plan.
- ♦ **Affective:** Develop an appreciation for physical fitness and activity as integral components of overall well-being and commitment to movement activity as a lifelong pursuit.

### EXPECTATIONS

- ♦ **Class Participation:** discussion and physical activity. Wear gym shoes and comfortable, breathable clothing allowing unrestricted movement, and bring note-taking materials. If you miss a class, DO NOT call the department to report absences – I probably won't receive your message! Check the Fit or Fat page on my website for lecture notes, assignments and other information.
- ♦ **Physical Activity:** Engaging in physical activity outside of class is critical to your experience. To encourage activity, I assign out-of-class activities, however, you must commit to regular activity for you to succeed.
- ♦ **Drops:** Don't count on my dropping you if you don't attend class. Please take the time to drop.
- ♦ **Website:** My website contains the most up-to-date version of lecture outlines and assignments. Check it for information and schedule changes.
- ♦ **Co-Requisite:** PE 50 or 51. I will provide add stickers for this and explain the requirements.

### IMPORTANT DATES

Please check CCSF's calendar for major deadlines.

**EVALUATION:** Grades are based upon the following guidelines . . .

- ♦ **Class Participation** 25% Class meetings have activity sheets associated with them. Each day's activity sheet is due at the end of each class.
- ♦ **Physical Activity** 30% You must log physical activity on the Fitlinxx system each week by either logging in and using the equipment in the fitness center or manually logging outside activities. I assign progressively more physical activity each week, so it is important that you keep up. Exercise logs are due at the beginning of each class session.
- ♦ **At-Home Assignments** 25% These earn full credit if on time and reasonably thought-out. Late or incomplete assignments earn 1/2 credit until two weeks after due, after which they are no longer accepted.
- ♦ **Exams** 20% Short quizzes and a final will be given to make sure you retain the important points.

**GRADING:** Add your grade percentages to find your final percentage.

A 90% or higher	D 60-69%
B 80-89%	F 59% or lower
C 70-79%	

**COURSE CONTENT:** see lecture schedule for more detail

Introduction to Health and Fitness	Nutrition and Diet
Body Composition, Weight and Obesity	Exercise Modalities
Aerobic Fitness	Determining Body Composition
Neuromuscular Fitness	Gender and Age-Specific Differences
Goal Setting and Planning	Assessing Health and Fitness Resources
Trends in the Weight Loss Industry	

**TEXT:** There is no text or course packet. Lecture notes and suggested readings are available for free on my web site.

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### Alternate Syllabus for Fitness Certificate Students and Educators

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**THE COURSE** Obesity is defined by relative fat mass/body fat percent, and weight. Whether for health or aesthetic reasons, excess fat is generally a negative attribute: it is a risk factor in many diseases; and the media worships anorexic waifs. Unfortunately, modern life reveres quick fixes and ease-of-use which contributes to unhealthy habits and obesity. This semester you will learn health, fitness and body composition concepts and protocols, participate in physical activity, fitness evaluation, goal development, research critique, and progress evaluation. This course benefits you -- if you are interested in a topic or have something to share, please bring it up! Because so much information (and misinformation) is easily available, it is especially important for fitness professionals to be well-informed about a topic which concerns most of our population.

#### OBJECTIVES

- ♦ **Psychomotor:** Experience a variety of activities to reinforce a healthy lifestyle.
- ♦ **Cognitive:** Acquire knowledge of fitness concepts and apply it to developing a weight control plan; be able to use a computer-based exercise logging system and dietary intake analysis software.
- ♦ **Affective:** Develop an appreciation for physical fitness and activity as integral components of overall well-being and commitment to movement activity as a lifelong pursuit.

#### EXPECTATIONS

- ♦ **Class Participation:** Most lectures and activities coincide with the participant group. Additional lectures may occur during the participant group's activity time. Wear gym shoes and comfortable, breathable clothing that allows unrestricted movement, and bring note-taking materials. If you miss a class, DO NOT call the department to report absences – I probably won't receive your message! Check the Fit or Fat page on my website for lecture notes, assignments and other information.
- ♦ **Physical Activity:** Engaging in physical activity outside of class is critical to your experience – to assign activities to others, you'll need at least some experience with them. To encourage activity, I assign out-of-class activities, however, you must commit to regular activity for you to succeed.
- ♦ **Drops:** Don't count on my dropping you if you don't attend. Please take the time to drop.
- ♦ **Website:** My website contains the most up-to-date version of lecture notes and assignments. Check it for information and schedule changes.
- ♦ **Co-Requisite:** PE 50 or 51. I will provide add stickers for this and explain the requirements.

**EVALUATION:** Grades are based upon the following guidelines . . .

- ♦ **Class Participation** 30% The first hour of class is typically dedicated to discussion. The second half of class is usually in the Fitness Center, and frequently, optional for you.
- ♦ **Physical Activity** 20% Log physical activity on the Fitlinxx system each week by either logging in and using the equipment in the fitness center or manually logging outside activities. I assign progressively more physical activity each week, so it is important you keep up.
- ♦ **Assignments** 30% Two research papers, each worth 15%. Described on a separate sheet.
- ♦ **Exam** 20% Short quizzes and a final will be given to make sure you remember important points.

**GRADING:** Add your grade percentages to find your final percentage.

A 90% or higher	C 70-79%	F 59% or lower
B 80-89%	D 60-69%	

**COURSE CONTENT:** see lecture schedule for more detail

Introduction to Health and Fitness	Nutrition
Body Composition, Weight and Obesity	Exercise Modalities
Aerobic Fitness	Determining Body Composition
Neuromuscular Fitness	Gender and Age-Specific Differences
Goal Setting and Planning	Endocrine influence
Current Trends in the Weight Loss Industry	Assessing Health and Fitness Resources

**TEXT:** There is no text or course packet. Notes and recommended readings are available for free on my website. Peer-reviewed research journals are the best source for the most current information. Most are available on the internet. See the **Research Resources** section on the **Links** page on my website.

**Internet:** You can find current information quickly on the internet. However, sometimes it's not easy to discern the facts from the garbage. Don't be too eager to believe something that's so new and different, there isn't much research support.