

*New SFSU Kinesiology Course for Fall 2017!*



# Wellness, Fitness, and the Global Perspective



KIN 257  
(3 units)

## **Course Description**

A general education course that introduces students to human anatomy, physiology, the basic principles of exercise and wellness, and the benefits and limitations of wellness practices around the world. The course blends physical movement and fitness training with academic skills including critical reading, research, and scholarly presentations.

## **Required In-Person Meetings**

- Mondays & Wednesdays 10:10-11:00 am, Gym 100
- Learn movement from around the world
- Yoga, partner & folk dance, fitness training, relaxation techniques
- Observe & measure how the body responds to physical exercise

## **Online Coursework**

- Plan on 3-4 hours per week
- Readings, videos, discussions, quizzes, final exam

## **Additional Work**

- Plan on 3-6 hours per week
- Personal fitness & nutrition plan--design, implement, assess
- Readings in texts, etc.
- Studying for online quizzes & final exam
- Research a wellness issue of interest to you
- Research presentation preparation: poster, short paper, & oral formats

## **Course Attributes**

- B2: Life Sciences (with lab integrated into class meetings)
- Life-Long Learning & Self Development
- Global Perspectives
- Kinesiology Major Activity Requirement

### **Instructor**

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