



**Jordan University of Science and Technology**  
**Faculty of Applied Medical Sciences**  
**Department of Rehabilitation Sciences**  
**Second Semester 2016-2017**

Course Information		
Course Title	Wellness and lifestyle	
Course Code	PT 100	
Prerequisites	None	
Time		
Place		
Course coordinator	Mahmoud Alomari, PhD	
Website	Lectures will be loaded to: <a href="https://elearning.just.edu.jo/">https://elearning.just.edu.jo/</a>	
Lecturers	None	
Office Location	M 5, level -4, # 24	
Office Phone #	7201000 ext. 25775	
E-mail	<a href="mailto:lsualomari@gmail.com">lsualomari@gmail.com</a>	
Teaching Assistant(s)	None	
Course Description		
Introduction to and analysis of current lifestyles as well as health, wellness and fitness benefits subsequent to lifestyle changes. The main purpose of this class is to discuss basic exercise science concepts relevant to aerobic and anaerobic conditioning principles. Basic nutritional needs for the body as well as unhealthy habits will also be presented.		
Textbook		
Title	Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach.	
Author(s)	C.B. Corbin, G. J. Welk, W. R. Corbin and K. A. Welk.	
Publisher	McGraw-Hill.	
Year	2006	
Edition	Sixth	
Other references	None	
Assessment		
Assessment	Expected Date and Location	Percentage
Quizzes	Continues	10%
Homework	Description: design an aerobic and resistance exercise programs for yourself	
	Dates: <b>Aerobic</b> exercise programs:	10%
	Dates: <b>Resistance</b> exercise programs:	10%
Midterm		30%
Written final exam	TBA	40%
Course Objectives		Percentage
Identify the risk factors associated with current lifestyle choices.		15%
Understand the benefits of improving fitness and wellness on health.		15%
Enhance quality of life subsequent to improvement in health.		10%
Make and to help others make lifelong healthy choices.		15%
Design an exercise program.		30%
Define nutrition and describe human body nutritional needs.		10%
Define the effect of unhealthy habits.		5%
Teaching & Learning Methods		
Voice recorded power point presentation loaded online at e-learning.		
<b>Teaching duration:</b>		
Duration: 8 weeks		
Lectures: online lectures		
Exams: midterm and final exams		
Laboratory: None		



Learning Outcomes		
	Related Objective(s)	References and Handouts
1	Recognizing harmful lifestyle habits	Book, notes, and lab
2	Recognizing the health hazard associated with harmful lifestyle	Book, notes, and lab
3	Understanding the health importance of modifying wrongful lifestyle	Book, notes, and lab
4	Identifying strategies to change current lifestyle	Book, notes, and lab
5	Learn designing individual exercise program	Book, notes, and lab
6	Identifying diet considerations when designing weight loss program	Book, notes, and lab

#### Additional Notes

**Statement on Professionalism:** Professional behavior is expected of students at all times. Attitude and professional behavior are a minimum criterion for passing this class. Repeated lack of professional behavior will result in failure of the course. Examples of unprofessional behavior include but are not limited to: missing classes (see attendance policy), tardiness, lack of attention for a speaker, talking to others during lecture, passing food during lecture, leaving a lecture prior to its completion without prior authorization of the instructor, working on other class material during class, inappropriate dress for labs, and sleeping during class.

#### Attendance policy:

- Students are expected to attend more than 90% of lectures. If absence is more than 10% student will be banned from the course after electronic notification from the university through student e-mail.
- Each student is expected to sit in his/her numbered seat
- Empty seats will be counted as absent
- All absences will be entered electronically into the University site

**Communication with instructor:** Electronic-mail is the best way to reach me as I consistently check it. However students still can use the above listed phone numbers.

**Cell phones:** Please do not use cell phones in class or labs. If you are depended upon for anticipated emergencies please put cell phones on vibration and answer the phone outside the classroom. I WILL KEEP MY CELL PHONE IN MY OFFICE OR ON VIBRATION MODE DURING CLASS TIME. Unfortunately, I have to remove the student from class in case the phone rings.

#### Tentative Course Outline

Week	Date	Title of the Lecture	Lecturer
1		Ch 1: Introduction Ch 5: How Much Physical Activity Is Enough? Ch 7: Lifestyle Physical Activity	Alomari
2		Ch 8: Cardiovascular Fitness Ch 9: Active Aerobics, Sports, and Recreational Activities	Alomari
3		Ch 10: Flexibility Ch 11: Muscle Fitness	Alomari
4		Ch 11: Muscle Fitness	Alomari
	<b>Midterm EXAM</b>	Chs 1, 5, 7, 8, 9, & 10	
5		Ch 14: Body Composition Ch 15: Nutrition Ch 16: Managing Diet and Activity for Healthy Body Fatness	Alomari
6		Ch 3: Preparing for Physical Activity	Alomari
7		Ch 4: Diseases and exercise Ch 2 & 6:	Alomari
9		<b>Final Exam</b>	<b>Alomari</b>

Concepts of Physical Fitness: Active Lifestyles for Wellness, Loose Leaf Edition. Charles Corbin. 3.4 out of 5 stars 17. Loose Leaf. 21 offers from \$52.15. Concepts of Fitness And Wellness: A Comprehensive Lifestyle Approach. Charles Corbin. 4.2 out of 5 stars 11. Hardcover. \$53.99. Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach, Loose Leaf Edition with Connect Access Card. Charles Corbin. 1.0 out of 5 stars 1. William R. Corbin is a recognized expert in health and wellness. He is well published in the areas of behavioral medicine and addictive behaviors, with expertise in high-risk behaviors. He received his PhD in Clinical Psychology from the University of Georgia and completed his residency training at the Medical University of South Carolina. & Well Brief Edition: Core Concepts and Labs in Physical Fitness and Wellness Loose Lea Sports & exercise massage : comprehensive care in athletics, fitness & rehabilitation. 474 Pages 2013 107.07 MB 12,046 Downloads New! axiomatic approach, this book adopts a historical perspective, explaining clearly and authoritatively how Human Resources Management Set: Concepts, Methodologies, Tools and Applications: Human Resources Management: Concepts, Methodologies, Tools, and Applications. Concepts of Physical Fitness: Active Lifestyles for Wellness provides readers with self-mana Reading Comprehension Skills & Strategies Level 6 (High-Interest Reading Comprehension Skills. Wellness programs can also help alleviate depression and the symptoms of depression as well as improve life satisfaction. Even the American Heart Association has completed an extensive review of the ability of wellness programs to improve health and reduce cardiovascular risk. Others have evaluated all of the research and reported that wellness programs, do in fact, have the ability to improve employee health. Low health risks are the foundation of good health, and wellness programs are a great way to help employees and their spouses avoid elevated health risks. There are hundreds of research papers that evaluated the ability of wellness programs to reduce elevated health risks.