Jordan University of Science and Technology

Faculty of Applied Medical Sciences

Physical Therapy Department

P.T100 Wellness And Life Styles (Not For Physical & Occupational Therapy) - JNQF Level: 7
Summer Semester 2022-2023

Course Catalog
3 Credit Hours. 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.
Teaching Method: Blended

Text Book	
Title	Concepts of Fitness And Wellness: A Comprehensive Lifestyle Approach 12th Edition
Author(s)	Charles Corbin, Gregory Welk, William Corbin, Karen Welk
Edition	12th Edition
Short Name	Reference 1
Other Information	

Instructor	
Name	**Prof. Mahmoud Alomari**
Office Location	M5L-4#24
Office Hours	
Email	alomari@just.edu.jo

Class Schedule & Room
Section 1: Lecture Time: Sun, Mon, Tue, Wed : 11:30 - 13:00 Room: M1301

Tentative List of Topics Covered		
Weeks	**Topic**	**References**
Week 1	Ch 1, 2, and 6: Introduction+Ch5	
Week 2	Ch 5: How Much Physical Activity Is Enough?+Ch7 Alomari	
Week 3	Ch 8: Cardiovascular Fitness+ Ch 9: Active Aerobics, Sports, and Recreational Activities	
Week 4	Ch 10: Flexibility + Ch 11: Muscle Fitness	
Week 5	Ch 10: Flexibility + Ch 11: Muscle Fitness	
Week 6	Ch 15: Body Composition	
Week 7	Ch 16: Nutrition	
Week 8	Ch 4: Diseases and exercise + Ch 17: Managing Diet and Activity for Healthy Body Fatness	

Mapping of Course Outcomes to Program Outcomes and NQF Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Identifying dimensions of health and wellness. [1PLO4-K4, 1PLO6-S2, 1PLO8-C1] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	
Knowing the relationship between lifestyle and health. [1PLO4-K4, 1PLO6-S2, 1PLO9-C2] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	
Knowing the short and long term physiological changes with exercise and physical activity [1PLO4-K4, 1PLO6-S2, 1PLO9-C2] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	
Recognizing key components of fitness. [1PLO4-K4, 1PLO6-S2, 1PLO9-C2] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	
Knowing the risk factors to major non-communicable diseases [1PLO4-K4, 1PLO6-S2, 1PLO9-C2] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	
Recognizing the health hazard associated with harmful lifestyle [1PLO4-K4, 1PLO6-S2, 1PLO9-C2] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	
Learning effective lifestyle modification tactics and strategies [1PLO4-K4, 1PLO6-S2, 1PLO9-C2] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	
Understanding the health importance of modifying inadequate lifestyle [1PLO4-K4, 1PLO6-S2, 1PLO9-C2] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	
Identifying strategies to change current lifestyle [1PLO4-K4, 1PLO6-S2, 1PLO9-C2] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	
Learn how to design individual lifestyle modification programs, including exercise and diet [1PLO4-K4, 1PLO6-S2, 1PLO9-C2] [1L7S2, 1L7S3, 1L7C1, 1L7C2]	10%	

Relationship to Program Student Outcomes (Out of 100%)									
PLO1 - K1	PLO2- K2	PLO3- K3	PLO4-K4	PLO5-S1	PLO6-S2	PLO7-S3	PLO8-C1	PLO9-C2	PLO10-C3
			33.33		33.33		3.33	30	

Relationship to NQF Outcomes (Out of 100%)			
L7S2	L7S3	L7C1	L7C2
25	25	25	25

Evaluation	
Assessment Tool	**Weight**
Quiz 1	10%
Quiz 2	10%
Quiz 3	10%
Quiz 4	10%
Quiz 5	10%
Quiz 6	10%
Quiz 7	10%
Quiz 8	10%
Quiz 9	10%
Quiz 10	10%

Policy	
Statement on Professionalism	Professional behavior is expected of students at all times. Professional attitude and behavior are a minimum criterion for passing this class. Repeated lack of professional behavior will result in failing 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 lectures, passing food during lectures, leaving a lecture before 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 80% of lectures. If absent is more than 20%, the student will be banned from the course after electronic notification from the university through student service @ Each student is expected to sit in his/her assigned seat @ Empty seats will be counted as absent @ All absences will be entered electronically into the student service
Communication with the instructor	Electronic mail is the best way to reach me as I consistently check it. However, students still can call the department at Tel: +962 2 7201000 Ext. 26881

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.

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