

# **FIT FOR LIFE HEALTH AND WELLNESS TENATIVE CALENDAR**

## **FALL 2009**

Day 1 _____	Introduction: Syllabi and Safety Pre-Test
Day 2 _____	medical history assignment (OUT OF CLASS)
Day 3 _____	CHAPTER 1
Day 4 _____	LAB WORK (OUT OF CLASS ASSIGNMENT)
Day 5 _____	CHAPTER 2
Day 6 _____	EXAMINATON CHAPTERS 1 AND 2
Day 7 _____	CHAPTER 3 (fitness abstract due)
Day 8 _____	CHAPTER 4
Day 9 _____	CHAPTER 11
Day 10 _____	EXAMINATION CHAPTERS 3, 4, AND 11
Day 11 _____	CHAPTER 5 LAB (SIT AND REACH)
Day 12 _____	CHAPTER 6 LAB (HIP TO WAIST)
Day 13 _____	CHAPTER 7 LAB (BODY COMPOSITION)
Day 14 _____	EXAMINATION CHAPTERS 5, 6, AND 7
Day 15 _____	CHAPTER 8 (MID TERM)
Day 16 _____	CHAPTER 8 begin fit day
Day 17 _____	CHAPTERS 9
Day 18 _____	CHAPTERS 9 and 10
Day19 _____	CHAPTERS 10
Day 20 _____	assignment discussion
Day 21 _____	individual modification due
Day 22 _____	EXAMINATION CHAPTERS 8, 9 AND 10
Day 23 _____	CHAPTER 11
Day 24 _____	CHAPTER 11 (health abstract due)
Day 25 _____	CHAPTER 12
Day 26 _____	CHAPTER 13
Day 27 _____	CHAPTER 14
Day 28 _____	CHAPTER 15
Day 29 _____	EXAMINATION CHAPTERS 12, 13, 14 AND 15
Day 30 _____	FINAL REVIEW
Final	Final

**\*\*\* NOTE: THE INSTRUCTOR RESERVES THE RIGHT TO MAKE CHANGES  
TENATIVE spring 2009 CALANDER\*\*\***