



Creating a Healthy Lifestyle

EDUO 9706

3 Extension Semester Credits

A coach's influence can encourage an attitude towards fitness that will help bring a lifetime of health and happiness to the athlete. This course will help maximize that influence.

Resources needed:

Reading assignments will be from given website resources.

You will need to view the movie **Varsity Blues** which is available on DVD.

Instructions:

Open and read the Syllabus which includes Objectives and a Grading Rubric. You may want to print it.

For each Session 1, 2 and 3 and the Assessment read and complete assignments. Links to Each Session and materials needed to complete the assignments are located under the heading of Course Assignments and Resources. You will type your responses offline in your own document that you will later upload for grading. See the DropBox at the top of the course page.

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the top of the course.

Objectives:

1. To develop fitness training programs that will help athletes on the playing field as well as in life's arena.
2. To encourage a lifelong holistic mental and physical health focus.
3. To help convince student athletes of the desirability of competing and living a life without abusing drugs or alcohol.
4. To use knowledge about drugs and drug abuse to help the athlete if a problem is suspected.



Standards:

1. Drawing on and valuing student’s background, interests and needs.
2. Promoting social development and group responsibility.
3. Facilitating learning experiences that promote autonomy, interaction and choice
4. Collecting and using multiple sources of information to assess student learning.

Readings and Assignments:

- Session One - Fitness Training
- Session Two – Mental Health
- Session Three – Physical Health
 - Drug Prevention
 - Knowledge
 - Nutrition

Grading Rubric:

Exemplary A+-A-	Acceptable B+- B-	Unacceptable
All Website Resource assignments are complete and accurate.	All Website Resource assignments are complete and accurate.	Assignments are incomplete and/or contain inaccurate or inappropriate responses.
All application assignments are reflective, thoughtful, clearly identifiable and relevant.	All application assignments are complete, identifiable and relevant.	Application assignments are incomplete and/or irrelevant.



Overall appearance is very well organized and free of spelling and grammatical errors	Overall appearance is generally organized with limited spelling and grammatical errors.	Overall appearance shows little organization and has spelling and grammatical errors.
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Instructions for coursework submission:

When you have completed your assignments, post all coursework at one time in the Completed Coursework DropBox at the top of the course page. You are allowed 9 months to complete the course. If you have questions about the course, you can reach your graders by email or phone.

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For questions involving your registration, contact us at info@dominicanCAonline.com or see <http://dominicancaonline.com/faq.htm> for more information.

This course is one of five Athletic Coaching courses developed by George Pickett for Dominican University of California.

- **Coaching is More Than Xs and Os - EDUO 9703**
- **Athletics - A Positive Path Through the Journey of Life - EDUO 9704**
- **Let's Look At This Another Way - EDUO 9705**
- **Creating a Healthy Lifestyle - EDUO 9706**
- **Look Before you Leap - EDUO 9707**