

PED 100 – Fitness for Living – Spring Semester, 2012 Lecture, Internet Quiz and Exam Schedule → Access quizzes via <http://missouristate.edu/PED100>

Lecture #	Text Reading	-Lecture Topic-	Quiz Offered From -	<i>InQSit</i> Quiz	Quiz Due Date
1	Chs. 1 & 2	Introduction to PED 100	1/17 – 2/1	#1 Pre-Tests	2/1 @ 11:59pm
2	Chs. 2 & 3	Cardiorespiratory Fitness, Structure, Function & Evaluation	1/17 – 2/1	#1 Pre-Tests	2/1 @ 11:59pm
3	Chs. 2, 3 & 7	Cardiorespiratory Fitness, Development, Benefits, & Importance in Weight Management	2/2 – 2/8	#2 CV Fitness	2/8 @ 11:59pm
4	Ch. 4	Strength: Development and Maintenance	2/9 – 2/15	#3 Strength	2/15 @ 11:59pm
5	Chs. 4, 5 & 7	Strength & Flexibility: Development and Maintenance Concepts	2/16 – 2/20	#4 Flexibility	2/20 @ 11:59pm
6	Ch. 8 & Appendix B, C	Nutritional Concepts – Part 1			
7	Ch. 8 & Appendix B, C	Nutritional Concepts – Part 2	3/8 – 3/14	#5 Nutrition	3/14 @ 11:59pm
8	Chs. 6 & 9	Body Composition & Healthy Weight: Development & Maintenance	3/29 – 4/4	#6 Obesity	4/4 @ 11:59pm
9	Ch. 10	Stress Management: Coping Strategies	4/19 – 4/25	#7 Stress Management	4/25 @ 11:59pm
10	Ch. 11	Cardiovascular Diseases: Typical Examples and Preventive Methods; Tobacco	4/26 – 5/2	#8 Heart Disease	5/2 @ 11:59pm
11	Chs. 13 & 14	Cardiovascular Diseases II: Typical Examples and Preventive Methods; Alcohol; Establishing and Adhering to Healthy Habits	4/18 – 5/10	Inclusion of Specialty Lab	**Opinion Poll**
12	Appendix D & Blackboard #3	Establishing and Adhering to Healthy Habits; Begin Post-Testing Physical Activities	4/26 – 5/10	#9 Post-Tests	5/10 @ 11:59pm
13	Ch. 15	Rx: Exercise for a Healthy, Active Lifestyle → Physical Activity Post-Testing	4/26 – 5/10	#9 Post-Tests - consent form	5/10 @ 11:59pm

Students are responsible for completing all of the internet quizzes. Quizzes will be offered over the range of dates indicated on the above schedule. Check the due date for each quiz; **quizzes WILL NOT be available after the Quiz Due Date. NO EXCEPTIONS!** Each quiz is worth **5 points** with the exception of pre and posttest quizzes, which are worth 10 points each (total=20). **There are a total of 55 on-line quiz points. Please take your quizzes on a CAMPUS COMPUTER with DISABLED POP-UPS!**

The Pre and Post Questionnaires, Quiz #1 and Quiz #9, are attitude and behavior surveys relative to fitness and wellness. They are designed to provide the department with information on the effectiveness of the course. You will receive **FULL CREDIT** (20 points) if you complete and submit all the sub-components of **BOTH** the pre and post tests. **YOU WILL NOT RECEIVE ANY POINTS FOR THE PRE AND POST TESTS** if you complete one set of tests and **NOT** the other. **THE DEPARTMENT OF HPER REQUESTS THAT YOU PUT FORTH YOUR BEST EFFORT IN COMPLETING THESE TESTS/SURVEYS!** It should take approximately 10 minutes to complete both surveys. A pre and post **CPS knowledge test** (20-30 minutes) will be administered in your last lecture. There is an 8 minute time limit for completing all off the remaining quizzes; the case studies from which the questions are taken are available on Blackboard.

Please Note: Please download the schedule, mark the range of dates over which each quiz is offered and the final due date for each quiz. **Questions regarding on-line quizzes should be directed to your laboratory instructor.**

SEE LECTURE EXAMINATION SCHEDULES BELOW

SPRING SEMESTER 2012: PED 100 Exam Schedule:

Tuesday Lectures A, B, C, T, 301: 7:45AM, Dr. Altena (A); 8:50AM, Dr. Altena (B); 9:55AM, Dr. Downing (C); 8:00AM, Dr. Richmond (T); 5:30PM, Ms. Crosby (301)

Knowledge Pre-Test: Tuesday, January 17th

Exam #1: Tuesday, February 21st – Lectures 1 – 5 plus readings and lecture assignments

Exam #2: Tuesday, April 17th – Lectures 6 – 9 plus readings and lecture assignments

Knowledge Post-Test: Tuesday, May 8th

Final Exam: **TBA - See [Web Page for Dates/Times](#)** – Lectures 10 – 13 plus required readings and lecture assignments

Wednesday Lectures D, E, T: 8:35AM, Dr. Masterson (D); 9:40 AM, Ms. Runke (E)

Knowledge Pre-Test: Wednesday, January 18th

Exam #1: Wednesday, February 22nd - Lectures 1 – 5 plus readings and lecture assignments

Exam #2: Wednesday, April 18th – Lectures 6 – 9 plus readings and lecture assignments

Knowledge Post-Test: Wednesday, May 9th

Final Exam: **TBA - See [Web Page for Dates/Times](#)** – Lectures 10 – 13 plus required readings and lecture assignments

Final Examination Schedules, when posted, are listed in the bottom left column of the PED 100 web page.