Week 1-2
Read: Greensheets. Go online to retrieve Pass/No pass form if you do not want to strive for a grade. Read deadline information.
Make sure you have a current email address on file with the Admissions office.

Read text: *Fit and Well* Brief ed (FW) Chapters 1 and 2 (Text is available in reserve library, Fit and Well Alternate Ed. 8th ed. It contains the same information just expanded.)

Complete labs from text, *Fit and Well*: (5% of grade)
Lab “Lifestyle Evaluation” and
Lab “Overcoming Barriers to Being Active” — different editions of the book have different page numbers, so look for the *Name of the Lab*.
(I suggest that you make copies so you can use the labs again or sell your book back for more).
DUE: end of the third week (or earlier)

Week 5-6
Read *Fit and Well* . Chapter 8, “Nutrition”

Midterm project—essay—2 options (10% of grade)

Type (double-spaced; 1-2 pages maximum), TWO (2) references must be cited.

OPTION ONE: in your own words, summarize the history of any topic related the development of swordplay and explain why its development might have been influenced by significant cultural or historical changes in the country over the time frame you are choosing to describe.
-- the origins of swordplay in Korea (any country) or
-- the evolution of weaponry (types of swords) or;
-- a history/biography of one of a fencing master (from any country). Etc.

Or

OPTION TWO: in your own words, critique of the “Harvard School of Medicine’s article re: the food pyramid”—the website is:
In a 2 page essay format (double-spaced, typed, 2 pages maximum) IN YOUR OWN WORDS summarize
a) the key point of the article and how it is relevant to your wellness
b) and incorporate, information you find by investigating any one of the links within the Harvard article—be sure to cite the name of the article you found with that link.

Due at the end of the 9th week or earlier

Week 11
Skills testing (15% of grade) starts
Take home written final (questions from reading and handouts—10% of grade)
Final EXAMINATION Date: SEE Schedule of Classes, “final examination schedule” link on left of screen at: www.deanza.edu/schedule/
Last day written final accepted, Tournament and War games