

# LIFETIME FITNESS

Mary Ann Jennings, Coordinator

## General Policy

The purpose of the Division of Lifetime Fitness for nonmajor students is to provide health education, physical fitness education, and recreation education activities that will provide mental, physical, social, and leisure time preparation for lifetime fitness for all students.

Lifetime Fitness is an elective program consisting of lifetime fitness/sport/recreation activity labs. Courses carry a credit value of one semester hour, thus serving the requirement of a semester-by-semester experience at the University. Multi-credit activity labs from other universities will only transfer one semester of the University requirement.

Courses in Health, Human Performance, or Recreation, as well as courses elsewhere, at the "2000" level, "3000" level, and "4000" level may not be applied in any way to this University requirement. (See the following section Course Offerings for a listing of the LF 1104 Adaptive Lifetime Fitness-LF 1199 Advanced Relaxation/Fitness courses that apply.) A maximum of four Lifetime Fitness courses may be counted toward a degree.

A student may not repeat a numbered course, except LF 1104 Adaptive Lifetime Fitness, unless a grade of "D" or "F" was earned in that course. A student may not take a course at a lower level after passing the subject at a higher level (intermediate or advanced).

Variations from the University requirements for Lifetime Fitness activity courses exist. In the instance where the requirement may be waived, the waiver allows the hours associated with the LF requirement to be fulfilled by taking other courses. (The waiver does not reduce in any way total hours required for graduation). It is the responsibility of each student to ascertain from his or her Degree Plan Office/Dean's Office if any of the following variations apply:

**Age:** This requirement may be waived for persons over 25 years of age at the time of matriculation to Baylor. If a person reaches age 25 subsequent to matriculation, the requirement stipulated in the degree plan must be completed. (The waiver allows the hours associated with the LF requirement to be fulfilled by taking other courses. The waiver does not reduce in any way total hours required for graduation.)

**Aerospace Studies and Military Science:** Students in Aerospace Studies and Military Science who are required to take the respective Leadership Labs garner one credit hour per semester for a maximum of four semesters credit.

**Band:** One hour of credit will be granted each fall semester for those enrolled in marching band. The maximum number of credits vary by College/School.

**Athletes:** All students actively on a NCAA athletic roster may receive two semesters of LF credit by enrolling and completing LF 1128 Varsity Sports Conditioning I and LF 1129 Varsity Sports Conditioning II. The remaining credit, as specified by degree, must be taken from the available courses.

**Military Veterans:** Students who are military veterans will be exempted from one semester of activity for each 135 days of active duty. Students must submit a copy of DD Form 214, or similar military documentation, to the Program Director to be granted this exemption. (The waiver allows the

hours associated with the LF requirement to be fulfilled by taking other courses. The waiver does not reduce in any way the total hours required for graduation.)

**Adaptive Lifetime Fitness:** No student with a disability is excused from lifetime fitness classes. Prior to the beginning of each semester, students with disabilities need to contact Dr. Mary Ann Jennings (ext. 4025) and must present a medical statement from a physician outlining the nature of the disability and recommendations for activity. Dr. Jennings will forward the request to Dr. Margaret Woody, the coordinator of LF 1104 Adaptive Lifetime Fitness. An individualized rehabilitation program and academic-oriented program will be provided, as outlined and approved by the attending physician.

## Course Offerings

Listed below are the health and Lifetime Fitness activity classes that apply. Each course counts toward one semester of the University requirement. All classes are graded in accordance with established University policy. Students may elect to take any course on a pass/fail basis, but this decision must be made at the time of registration or during the drop-add period. All business students must take Lifetime Fitness activity courses on a graded basis. Elementary education majors must register for PUBH 1145 Health and Human Behavior on a graded basis.

**Note: Courses in Health, Human Performance, or Recreation at the "2000" level, "3000" level, and "4000" level may not be applied in any way to this University requirement.**

A description of courses and levels are as follows:

Code	Title	Hours
LF 1104	Adaptive Lifetime Fitness (Departmental approval required)	1
LF 1106	Beginning Aerobics	1
LF 1107	Intermediate Aerobics	1
LF 1109	Swimmercize Aerobics	1
LF 1110	Aerobic Walking	1
LF 1111	Aerobic Running	1
LF 1112	Backpacking and Camping	1
LF 1114	Beginning Badminton	1
LF 1115	Intermediate Badminton	1
LF 1117	Beginning Ballet	1
LF 1118	Intermediate Ballet	1
LF 1119	Advanced Ballet (Departmental approval required)	1
LF 1121	Beginning Bicycling	1
LF 1122	Intermediate Bicycling	1
LF 1123	Beginning Mountain Biking	1
LF 1124	Beginning Bowling	1
LF 1125	Intermediate Bowling	1
LF 1128	Varsity Sports Conditioning I (Departmental approval required)	1
LF 1129	Varsity Sports Conditioning II (Departmental approval required)	1
LF 1130	Social Dance	1
LF 1134	Fitness Theory and Practice	1
LF 1138	Beginning Golf	1

LF 1139	Intermediate Golf (Departmental approval required)	1
LF 1140	Advanced Golf (Departmental approval required)	1
LF 1147	Beginning Jazz Dance	1
LF 1148	Intermediate Jazz Dance	1
LF 1151	Beginning Martial Arts	1
LF 1152	Intermediate Martial Arts	1
LF 1153	Advanced Martial Arts (Departmental approval required)	4
LF 1156	Beginning Racquetball	1
LF 1157	Intermediate Racquetball	1
LF 1158	Paddle Sports	1
LF 1159	Sailing and Canoeing	1
LF 1160	Beginning Rock Climbing	1
LF 1161	Intermediate Rock Climbing	1
LF 1163	Beginning Self Defense	1
LF 1168	Soccer	1
LF 1169	Intermediate Self Defense	1
LF 1170	Advanced Self Defense	1
LF 1171	Softball	1
LF 1175	Beginning Swimming	1
LF 1176	Intermediate Swimming	1
LF 1177	Advanced Swimming	1
LF 1178	Lifeguard Training (Departmental approval required)	1
LF 1179	Beginning Tai Chi	1
LF 1181	Beginning Tennis	1
LF 1182	Intermediate Tennis	1
LF 1183	Advanced Tennis	1
LF 1189	Volleyball	1
LF 1192	Weight Control	1
LF 1194	Beginning Weight Training	1
LF 1195	Intermediate Weight Training	1
LF 1197	Beginning Relaxation/Fitness	1
LF 1198	Intermediate Relaxation/Fitness (Departmental approval required)	1
LF 1199	Advanced Relaxation/Fitness (Departmental approval required)	1

**Note: Courses in Health, Human Performance, or Recreation at the "2000" level, "3000" level, and "4000" level, as well as courses elsewhere, may not be applied in any way to this University requirement.**

PUBH 1145 Health and Human Behavior may be substituted for any of the activities listed on the previous page, except for students who have completed BIC 1112 Examined Life.

**Note: Lab Fees are required on courses numbered 1101-1199.**

**Note: Except for students in the College of Arts & Sciences, the following course may be substituted for one of the activities listed above.**

*PUBH 1145 Health and Human Behavior*

**Otherwise, courses in Health, Human Performance, and Recreation carrying the prefix HP, HED, PUBH, and RLS may NOT be applied in any way to this University requirement.**