

# Relevance of observation: Significance in Exercise Science

In my Fitness & Wellness class I took notes as usual but I was more observant than usual. I paid attention to the slightest detail, and taking note of absolutely everything. I noticed how my professor starts the class off with a question that alludes to the lecture for that given class. We all sit and rows although the class is interactive in a sense that scholars ask questions frequently. It is not a class discussion based course, this is more of a typical lecture-note type class. The class is short so note taking is done the entire time. I noted that the students do not interact with each other like they do in COMP 250. I theorize that my Fitness & Wellness class is a stepping stone or base knowledge class that can be referred to in other classes that fall into the Exercise Science department. This class is to inform scholars about the basic information needed to have a healthy lifestyle while understanding the benefits of muscular conditioning and nutrition. Having this course completed will be a basic class needed to continue with my major. In other courses related to Exercise Science, I believe there will know knowledge covering more detail about topics covered in Fitness & Wellness like diet, muscle training, and social constructs. Knowing these benefits can aid me in other classes not related too Exercise Science. For example, if I have a good diet, natural sleep cycle, and a routine workout plan, I will function better and thus become a better overall scholar and person. The pedagogy of Fitness & Wellness is much different from COMP 250. It is no where near as interactive which can be negative because it may be simple for students to let their minds wander if they are not tuned in with the notes and



lecture.