

I. COURSE DESCRIPTION:

Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE/I 138X4
Course Title: Physical Fitness
Units: 1
Lecture: None
Laboratory: 3 Hours
Prerequisite: None

Catalog and Schedule Description:

A structured exercise class designed to develop a balanced exercise program including cardiovascular, strength and flexibility training. Instructor guided equipment orientation, fitness testing, exercise technique, and individualized programming are provided. Class is appropriate for all fitness levels.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS:

Upon successful completion of level one of this course, the student should be able to:

- A. Recognize facility rules and procedures
 - B. Perform warm-up and cool down
 - C. Adjust exercise machines
 - D. Operate exercise equipment
 - E. Adhere to safety guidelines for exercise equipment
 - F. Participate in stretching exercises
 - G. Participate in cardiovascular exercise
 - H. Participate in strength training exercise
 - I. Participate in fitness testing
2. Upon successful completion of level two of this course, the student should be able to:
- A. Demonstrate proper set-up of exercise equipment
 - B. Demonstrate proper exercise technique on exercise equipment
 - C. Identify component of fitness
 - D. Calculate target heart rate zone
 - E. Follow a stretching program
 - F. Follow a cardiovascular program
 - G. Follow a strength training program
 - H. Perform accurate fitness testing
 - I. Improve or maintain fitness level
3. On successful completion of level three of this course, the student should be able to:
- A. Discuss ways to improve components of fitness
 - B. Create an individualized stretching program
 - C. Create an individualized cardiovascular program
 - D. Create an individualized strength training program
 - E. Interpret fitness testing results
 - F. Improve or maintain fitness level
4. On successful completion of level four of this course, the student should be able to:
- A. Apply principles of progression and specificity to their exercise program
 - B. Assess appropriate and inappropriate signs or symptoms of exercise
 - C. Employ exercise modifications based on limitations
 - D. Recognize and perform proper exercise technique
 - E. Improve or maintain fitness level

IV. CONTENT:

- A. Introduction to program
 - 1. Safety issues
 - 2. Exercise contraindications
 - 3. Program format
 - 4. Fitness Center policies
 - 5. High risk persons and contraindications to starting an exercise program
- B. Discussion and orientation to:
 - 1. strength equipment
 - 2. cardiovascular equipment
 - 3. abdominal training
 - 4. stretching
 - 5. fitness
 - 6. health
- C. Performance of fitness testing
- D. Assessment of fitness results
- E. Discussion and introduction to circuit training
- F. Discussion of:
 - 1. components of fitness
 - 2. exercise modification
 - 3. cardiovascular training principles
 - 4. weight training principles
 - 5. stretching principles
 - 6. weight loss principles
 - 7. proper progression principles
 - 8. interval training
 - 9. cross training

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Discussion
- C. Demonstration
- D. Guest Speakers
- E. Multimedia presentation

VI. TYPICAL ASSIGNMENTS:

- A. Perform a workout using interval training.
- B. Perform a pyramid strength training workout.
- C. Seat assignment. Students complete a card indicating appropriate seat and weight adjustments based on their current level of fitness and body size.
- D. Fitness Testing. Students complete a battery of physical tests designed to assess components of fitness.
- E. Exercise Technique. Students participate in circuit training, abdominal exercises, stretching and cardiovascular training indicating comprehension of exercise principles.

VII. EVALUATION(S):

- A. Methods of evaluation
 - 1. Methods of evaluation for first semester students
 - a. Ongoing evaluation of student's participation assessed by instructor.
 - b. Evaluation of student's ability to mirror instructor's exercise example.
 - c. Evaluation of student's ability to demonstrate proper technique.
 - d. Written final examination.
 - 2. Methods of evaluation for second semester students
 - a. Ongoing evaluation of student's participation assessed by instructor.

- b. Evaluation of the student's ability to follow the structure of the class by doing group workouts.
 - c. Evaluation of the student's ability to progress, modify and limit the exercise when appropriate.
 - d. Evaluation of student's ability to demonstrate proper technique.
 - e. Written final examination.
3. Methods of evaluation for third semester students
- a. Ongoing evaluation of student's participation assessed by instructor.
 - b. Evaluation of the student's ability to follow a workout program personally tailored to the individual.
 - c. Evaluation of the student's ability to progress, modify and limit the exercise when appropriate.
 - d. Evaluation of the student's ability to demonstrate proper technique.
 - e. Written final examination.
4. Methods of evaluation for fourth semester students
- a. Ongoing evaluation of student's participation assessed by instructor.
 - b. Evaluation of the student's ability to create and demonstrate individualized workout following progression principles.
 - c. Evaluation of student's ability to progress, modify and limit the exercise when appropriate.
 - d. Evaluation of the student's ability to demonstrate proper technique.
 - e. Written final examination.
- B. Frequency of Evaluation
- 1. Minimum of one written final examination.
 - 2. Fitness Testing as deemed appropriate by instructor

VIII. TYPICAL TEXT(S):

Prentice, William E., Get Fit – Stay Fit, (2nd edition), McGraw-Hill, 2001.
McGlynn, George, Dynamics of Fitness: A Practical Approach, (5th edition), McGraw-Hill, 1999.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS

Workout clothing – shirt and shorts or tights or sweatpants; athletic shoes; and, towel