



MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: August 5, 2020

COURSE TITLE

Conditioning

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 125

(Formerly:)

CIP Code: 13.0502

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

COURSE DESCRIPTION (as it will appear in the catalog)

Conditioning is designed to introduce the student to the basic principles and training methods for body conditioning so they can establish an exercise program to enhance overall wellbeing. May be repeated for up to three (3) credits.

PREREQUISITES

None

TEXTBOOK GUIDELINES

Determined by instructor

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Explain the importance of warm-up and cool down with respect to exercise
2. Identify and demonstrate several methods of physical fitness.
3. Perform aerobic and anaerobic activity for 40 minutes.
4. Develop fitness program designed to meet needs.
5. To understand and compute their target zone/heart rate.

INSTITUTIONAL OUTCOMES

IO3 Human Relations/Workplace Skills: Students will be able to demonstrate teamwork, ethics, appropriate safety awareness and/or workplace specific skills.

COURSE CONTENT OUTLINE

1. Goal Setting
2. Designing a strength program
3. Designing a cardiovascular program

DEPARTMENTAL GUIDELINES (optional)

Reinforces the National Association of Sport and Physical Education (NASPE standards)

1. Participates regularly in physical activity.
2. Achieves and maintains a health-enhancing level of physical fitness.
3. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

DIVISION CHAIR APPROVAL

DATE