



MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

Date: August 5, 2020

COURSE TITLE

Fitness

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 132

(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)

An overall conditioning program with emphasis on developing strength, endurance, flexibility, and cardiovascular conditioning that lead to the development of a fitness attitude. 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. Perform aerobic activity for 40 minutes and get heart rate into target zone.
2. Perform muscle strengthening and toning exercise for 40 minutes.
3. Perform stretching exercise and improve flexibility.
4. Explain the physiological importance of a warm and cool down time.

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. Benefits of a fitness program
3. Aerobic conditioning
4. Muscular strength and endurance exercises
5. Circuit training
6. Stretching
7. Pre and post testing

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