



## MASTER COURSE OUTLINE

Prepared By: Michael De Hoog

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## COURSE TITLE

Principles of Fitness

## GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 178

(Formerly: )

CIP Code: 34.0103

Intent Code: 11

Program Code:

Credits: 3

Total Contact Hrs Per Qtr.: 44

Lecture Hrs: 22

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: Specified Elective SE

## COURSE DESCRIPTION (as it will appear in the catalog)

Principles of Fitness is designed to introduce the student to the components, administration, and assessment of fitness programs. Lab component will include the building and execution of the student's own fitness program.

## 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. List and describe health related fitness components related to living a healthy life (nutrition, stress management, and the dimensions wellness).
2. List and define fitness related components related to living a healthy life (FITT principle and physiology/anatomy of fitness).
3. Build and execute a proper fitness plan tailored to the student's goals.
4. Explain the benefits of cardiovascular endurance, muscular flexibility, and muscular strength and endurance to overall lifetime fitness.

## INSTITUTIONAL OUTCOMES

None

## COURSE CONTENT OUTLINE

1. Importance of fitness for a lifetime
2. Dimensions of wellness
3. Cardiovascular endurance
4. Muscular strength and endurance
5. Flexibility

6. Nutrition
7. Establishing a fitness program
8. Stress management
9. Fitness assessment options

**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.
4. Students will comprehend concepts related to health promotion and disease prevention.
5. Students will analyze the influences of family, peers, culture, media, technology and other factors on health behaviors.
6. Students will demonstrate the ability to use decision-making skills to enhance health.
7. Students will demonstrate the ability to use goal-setting skills to enhance health.

PO5 should be assessed: Students will be able to solve problems by gathering, interpreting, combining and/or applying information from multiple sources.

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**DIVISION CHAIR APPROVAL**

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**DATE**