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iJhairperson Dajpe '

Course Title

Course No.

Instructor: Anna Morrison

COURSE GOALS/PHILOSOPHY

The intention of this course is to provide students with skills and knowledge in a variety of activities which have lifelong appeal and fitness benefits. The course focuses on the assessment and improvement of the students' physical fitness and improvement of their knowledge of fitness principles that will enhance their ability to achieve their personal fitness goals.

STUDENT PERFORMANCE OBJECTIVES

Students will:

- a) identify and apply principles of training, FITT formula, and monitoring techniques to their personal fitness routine (through written tests and three portfolio examples).
- b) describe the physical, physiological, and psychological values of physical fitness.
- c) demonstrate skills in a wide variety of lifelong sports and recreational activities.
- d) identify activity, specific warm-ups, precautions, fitness benefits, and in some cases basic rules of play for volleyball, badminton, cycling, jogging, and weight training.
- e) demonstrate understanding of weight training principles by setting up their own program.
- f) discriminate between the risk/benefit relationship of a new exercise to assess its value by identifying the exercise's inherent dangers and special precautions.
- g) participate during in-class, self-directed learning tasks and other class activities as assessed by spot checks of on-task activity.
- h) apply sound nutritional practices related to physical fitness.
- i) demonstrate that they have made a personal commitment to regular exercise by improving their fitness scores on the following standardized test:
  1. 12-minute run
  2. sit - reach
  3. one minute sit-up test
  4. one-minute push-up test.

FITNESS I

REC 10 6

Course Title

Course No.

**IMPORTANT:** For safety reasons, some individuals with genetic problems or permanent disabilities resulting from injuries will be tested with alternate test measures such as the **3 mile walk test** or **modified curl-up test**.

COURSE CONTENT

Lecture/Discussion

Gyn

15 Hours

30 Hours

Benefits of Fitness

Components of Fitness

Walking for Fitness

FITNESS Formula

How to Run

Monitoring Techniques

Weight Training

Assessing Personal Fitness  
Precautions and Safety

- universal
- free weights
- circuit training  
(plus run)

Weight Training Principles  
- Setting up a program

Anatomy of a Workout (warm-up, etc.)

Aerobics

Human Anatomy for Fitness

Badminton \*

Muscle Mechanics

Volleyball \*

Exercise Analysis & Design

Nutrition for Fitness

T.B.A. \*

Weight Control

Fad Diets

Cycling/Stationary Bikes/  
Rope Jumping/Rebounder

Footwear/Stress Injuries

Energy Systems

\*cardio-vascular endurance  
muscular strength,  
muscular endurance and  
flexibility activities  
are included on these days

FITNESS I

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STUDENT EVALUATION METHODS

Attendance/Participation	30%
Physical fitness testing	25%
Assignments	15%
Mid-term	10%
Written Exam	20%

\*\*\* Attendance is mandatory in this course. 2% will be lost for each class missed. Classes may be made up by attending noon fitness classes at the college at a rate of 1% per made-up class.

FITNESS I

REC 106

Course Title

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REQUIRED STUDENT RESOURCES

"Every Body's Fitness Book". Stewart, Gordon W.

\*Available in the College Book Store - \$ 9.95.

\*Other resources, handouts, etc., will be provided.

COLLEGE GRADING POLICY

90 - 100%	=	A+
80 - 89%	=	A
70 - 79%	=	B
60 - 69%	=	C
Below 60%	=	R (Repeat Course)