



COURSE OUTLINE FALL 2008

[This suggested format is advisory; faculty members are free to modify it consistent with its guidelines.]

Course Number: HPE110

Course Title: Concepts of Health & Fitness 2 Credits

Hours: lecture/laboratory/other (specify)

1 Lecture/2 Lab hrs.

Catalog description:

Through a series of lectures and laboratories, various aspects of health and physical fitness will be explored. In addition to mastering selected concepts concerning health and physical fitness, each student will develop through self-testing laboratories, his own physical fitness profile. Each student will assess his/her fitness level and design a program of exercises to achieve and/or maintain fitness for living

Is Course New, Revised or Modified?

Modified

Required texts/other materials:

**Concepts of Physical Fitness. Fourteen Edition, by Corbin, et. al., Dubuque, Iowa
The McGraw Hill Companies**

Last revised:

Summer 2008

Course coordinator: (Name, telephone number, email address)

Robert Pugh, Coordinator

MS147

Tel: 609-570-3743 or 609-570-3230

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Information resources: (Describe the primary information resources that support the course, including books, videos, journals, electronic databases, websites, etc.)

Other learning resources: (Describe any other student learning resources that are specific to this course, including any special tutoring or study group support, learning system software, etc.)

Course goals: [List the most important 5-8 overall student learning goals for your course. Learning goals (or competencies) are statements that describe the specific, measurable knowledge, skills, and/or values that the student is expected to demonstrate, perform or exhibit after completion of the course. Learning goals should focus on what the students will learn (rather than what the instructor will teach) and should include verbs (explain..., demonstrate..., identify...) that accurately reflect lower-order and higher-order learning goals.]

The student will be able to:

01. Develop an understanding of the terms needed to learn fitness for living concepts, by making regular exercise a habit. To establish and maintain a regular exercise program.
02. The learner should be able to list risk factors and describe how exercises can reduce certain coronary risk factor.
03. Know why exercise and diet are more desirable for controlling fat than dieting without exercise.
04. Know the job and environmental situations that makes us vulnerable to back problems.

Course-specific General Education Core Competencies and Goals. [To an extent consistent with its primary purposes, **each course in every program** is expected to reflect the college's commitment to general education, as affirmed in the 2005 General Education Policy. A **General Education Course** is one whose primary purposes and overall design coincide strongly with one or more of the approved general education goals and objectives. For any approved (or proposed) General Education Course, the General Education Goals and Objectives form (the form identified as the "Gen Ed Attachment") should be completed and attached to the course outline.]

Units of study in detail. [List the units of study according to the general topics or themes by which the course is organized. Units of study are not chapter titles, but should be seen as independent of the selected textbook. For each unit, identify specific learning objectives. These unit learning objectives should stem from the overall course objectives and applicable General Education objectives. Unit learning objectives should state (in terms that can serve as the frame of reference for ongoing assessment of both student achievement and of the course's effectiveness) what successful students will be able to demonstrate, perform or exhibit at the end of the unit.]

Class Attendance

The class attendance policy is as follows:

- | | |
|--------------|---|
| 0-3 absences | no penalty if labs are made up |
| 4-5 absences | final grade will be dropped one letter if work is made up. |
| 6-7 absences | final grade will be dropped two letters if work is made up. |
| 8 or more | failure. If work is not made up, failure is imminent. |

Attendance policy for night and summer sessions may be modified.

Your athletic body (or lack of it) will not have any influence on your grade. Physical performances will not be basis for your grade. You will be graded on what you know, how thoroughly you fill out your lab reports and class attendance.

LAB REPORTS:

Since lab reports are an important part of HPE 110, they will constitute approximately 37.5% of the final grade. In order to obtain an acceptable grade for your lab reports, you must complete all aspects of the lab; i.e., conclusions and implications. Answer all questions with complete sentences. Demonstrate that you have thought about the questions. All labs must be completed, fastened together in proper order, and properly labeled. The front cover of your lab report must contain the following information.

1. Your name
2. Your lab section number
3. Your lab instructor's name
4. Date you completed your report
5. Late lab reports will result in penalty

Dress Code:

Shorts, sweat, T-shirt or tank top and/or sweatshirt. SNEAKERS ONLY!

SMOKING REGULATIONS:

Mercer County Community College is a non-smoking campus. Smoking is not permitted in any building.

LOCKER ROOM REGULATIONS:

Lockers are available for your use only while you are participating in class or recreational activities in the gym. Due to an insufficient quantity, lockers cannot be provided for overnight storage. The men's locker room is located on the third floor of the P.E. building. The women's locker room is on the lower level of the P.E. building. Lockers will be emptied during the night; therefore do not leave anything in the locker room overnight.

Continue for as many units as appropriate. For assistance in designing student learning objectives, please see the supporting materials under Assessment at http://mlink.mccc.com/academic_assessment.shtml)

Evaluation of student learning: [Describe general guidelines for examinations, required work, course work, assignments, and tests. Explain how assignments evaluate student achievement of course objectives. Multiple measures (quizzes, tests, essays, projects, portfolios, practicum's, etc.) are recommended.]

Tests: Five (5) tests each containing 25 questions will be given during the course. The lowest test score will be dropped resulting in 100 possible points. All tests and the final exam are graded by a scanner; therefore, a #2 pencil is required. The tests may be taken one time only and there will be no make up dates for tests.

Labs: Twenty-five (25) labs will be required. Each lab will have a point value of three (3) points.

The final grade will be computed as follows:

Test points: 100 possible % of final grade is 50%
Final exam: 25 possible % of final grade is 12.5%
Lab reports: 75 possible % of final grade is 37.5%
Total points possible: 200

Grades:

A	200-190	A-	189-180		
B+	179-173	B	172-166	B-	165-160
C+	159-153	C	152-140		
D	139-120				

Academic Integrity Statement: [Include a statement affirming the college's Academic Integrity policy and any specific implications for the course. See http://mlink.mccc.edu/omb/0403_academic_integrity_OMB210.pdf.]