



COURSE OUTLINE

<u>HPE 171</u>	<u>Personal Fitness</u>			<u>1</u>
Course Number	Course Title			Credits
<u>1</u>	<u>2</u>	<u>0</u>	<u>0</u>	<u>7 Week</u>
Class or Lecture Hours	Laboratory Work Hours	Clinical or Studio Hours	Practicum, Co-op, Internship	Course Length (# of weeks)
<u>None</u>				<u>Traditional, Online</u>
Performance on an Examination/Demonstration (Placement Score (if applicable); minimum CLEP score)			Delivery Methods (Traditional, Online, Hybrid, Telecourse)	

Catalog Description:

Assists in the development of a personal fitness program including weight and cardiovascular fitness equipment. Emphasizes strength, flexibility, cardiovascular, and weight control. A medical history is required; a physical exam may be required. Full-time students who complete this course may use the Fitness Center free of charge. 1 lecture hour

1 lecture/2 Lab hours

Prerequisites:

None

Corequisites:

None

Last Revised: August 2020

Course Coordinator

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Required Texts and Other Materials:

None



Course Goals

Upon Successful Completion of the course, the student will be able to:

1. Execute proper use of cardiovascular, machine, and free-weight fitness equipment
2. Demonstrate a proper warm-up and cool-down
3. Explain the five health related aspects of fitness
4. Explain the FITT Principle as applied to Cardiovascular, Muscular Strength, Muscular Endurance and Flexibility Training
5. Demonstrate different training modalities for optimal fitness
6. Describe ideal body composition and health implications of excess visceral fat
7. Develop a personal fitness plan

Course-specific Institutional Learning Goals (ILGs)/General Education Goals:

Institutional Learning Goal 1. Written and Oral Communication in English. Students will communicate effectively in both speech and writing.

Institutional Learning Goal 2. Mathematics. Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems.

Institutional Learning Goal 3. Science. Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.

Institutional Learning Goal 4. Technology. Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals.

Institutional Learning Goal 5. Social Science. Students will use social science theories and concepts to analyze human behavior and social and political institutions and to act as responsible citizens.

Institutional Learning Goal 6. Humanities. Students will analyze works in the fields of art, music, or theater; literature; philosophy and/or religious studies; and/or will gain competence in the use of a foreign language.

Institutional Learning Goal 7. History. Students will understand historical events and movements in World, Western, non-Western or American societies and assess their subsequent significance.

Institutional Learning Goal 8. Diversity and Global Perspective: Students will understand the importance of a global perspective and culturally diverse peoples
Institutional Learning Goal 9. Ethical Reasoning and Action. Students will understand ethical frameworks, issues and situations.

Institutional Learning Goal 10. Information Literacy: Students will recognize when information is needed and have the knowledge and skills to locate, evaluate, and effectively use information for college level work.

Institutional Learning Goal 11. Critical Thinking: Students will use critical thinking skills understand, analyze, or apply information or solve problems.

Units of Study

1. Introduction to Personal Fitness Class

- Verification of Medical Clearance and Statement of Risk
- Tour of the MCCC Fitness and Wellness Facilities
- Explanation of scheduled student activities fitness and wellness classes
- Discussion of proper fitness attire and fitness center etiquette
- Infectious disease preventative measures applied to the fitness setting
- Demonstration of fitness center equipment usage

Course Goals; 1 & 2 ILG; 3 & 10.

2. Principles of Cardiovascular Fitness Training

- Provide basic explanation of the physiological processes of cardiovascular fitness

- Immediate and Chronic adaptations to cardiovascular exercise
- Cardiovascular exercise program design
- Demonstration of Cardiovascular exercise modalities
- Identify target heart rate zones based on one's physical abilities and attributes

Course Goals; 1,2,4, & 5 ILG; 1,2,3, & 5

3. Principles of Muscular Strength & Endurance Training

- Discuss principles anaerobic training
- Identify program recommendations for muscular strength training (sets/rest/reps/load)
- Identify program recommendations for muscular hypertrophy training (sets/rest/reps/load)
- Demonstration of resistance training exercises.
- Describe program recommendations for muscular endurance training
- Discuss the prescribed sets/reps/rest/load for muscular endurance training
- Demonstrate common muscular endurance training modalities

4. Principles of Flexibility Training

- Distinguish and explain between static, ballistic, PNF, and dynamic flexibility training techniques
- Discuss the FITT principle as applied to flexibility training

Course Goals; 2,3,4, & 5 ILG; 1,3, & 11

5. Body Composition

- Identify various methods of body composition assessment
- Discuss the factors that impact metabolic rate
- Discuss risk factors for heart disease
- Discuss how physical activity and diet impact body composition

Course Goals; 3,5, 6, & 7 ILG 1,3,4,10, & 11

6. Personal Fitness Plan

- Develop, explain, and carry out an individualized personal fitness plan

Course goals 1-7 ILG; 1,10, & 11.

GRADING:

Since PE171 is a concepts course, your grade will be determined by the following:

15 Hours + Personal Fitness Plan	A
10 Hours + Personal Fitness Plan	B
10 or more hours attended	C
5-10 hours attended	D
0-5 hours attended	F

ATTENDANCE POLICY:

Since this is a 5 week course, you will be penalized for each absence. The following is an explanation of the attendance policy:

Number of unexcused absences	Maximum possible grade
1	A-
2	B
3	D
4	Failure is imminent.

Students with Disabilities

Any student in this class who has special needs because of a disability is entitled to receive accommodations. Eligible students at Mercer County Community College are assured services under the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973. If you believe you are eligible for services, please contact the Director of Academic Support Services.

Academic Integrity

As per the student handbook, "A student will be guilty of violating academic integrity if he/she (a) knowingly represents the work of others as his/her own, (b) uses or obtains unauthorized assistance in the execution of academic work, or (c) gives fraudulent assistance to another student." Students should read the Academic Integrity policy in the MCCC Rights and Responsibilities Student Handbook.

Academic Dishonesty will result in failure of this course.