Course Syllabus

Department: Physical Education & Integrated Health Care

Date: March 2012

I. Course Prefix and Number: PE 110

   Course Name: Physical Conditioning

   Credit Hours and Contact Hours: 1 credit hour – 2 contact hours

   Catalog Description including pre- and co-requisites: A blend of aerobic activity and weight training designed to improve one's overall fitness level and encourage participation in physical fitness activities for a lifetime. Fitness testing, discussions/lecture, and individualized, workouts will be incorporated throughout the semester. No prerequisites.

II. Course Outcomes and Objectives

   Student Learning Outcomes:

   The student will:

   1. Identify and apply all the components of physical fitness.
   2. Create and actively participate in an overall personal fitness program that is designed to improve each of the 5 basic components: muscular strength, muscle endurance, flexibility, cardiovascular fitness & body composition.
   3. Implement and evaluate daily fitness workouts.
   4. Describe the life-long importance of physical fitness.
   5. Analyze and evaluate fitness tests and implement plans for improvement.

   Relationship to Academic Programs and Curriculum:

   This course is a one credit course designed for any major at FLCC. The course fulfills one credit of the college's physical education requirement.

   College Learning Outcomes Addressed by the Course:

   - writing
   - oral communications
   - reading
   - mathematics
   - critical thinking
   - computer literacy
   - ethics/values
   - citizenship
   - global concerns
   - information resources
III. Instructional Materials and Methods

Types of Course Materials:

- Portfolio/folder
- Fitness Chart
- Fitness Testing Packet

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

- Demonstrations
- Practicums
- Discussions
- Handouts

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of cardiovascular fitness and performance of specific fitness activities. Such assessments and related assignments will develop critical thinking techniques, reading, along with developing ethics and values regarding an appreciation of lifetime physical fitness.

V. General Outline of Topics Covered:

- Use of safe exercise techniques
- Muscular strength training exercises
- Muscular endurance training exercises
- Flexibility exercises
- Aerobic activities
- Body composition/body fat percentages
- Strategies for exercise adherence
- Healthy lifestyle behaviors
- Cardiovascular fitness