Syllabus

HPE 110 Physical Conditioning

General Information

Date
May 24th, 2018

Author
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Department
Physical Education and Integrated Health Care

Course Prefix
HPE

Course Number
110

Course Title
Physical Conditioning

Course Information

Credit Hours
1

Lecture Contact Hours
1

Lab Contact Hours
1

Other Contact Hours
0

Catalog Description
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.

Key Assessment
This course contains a Key Assessment for the AS Physical Education and Exercise Science program
Prerequisites
None

Co-requisites
None

Grading Scheme
Letter

First Year Experience/Capstone Designation
This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education
This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course
- Vitality
- Inquiry
- Perseverance

Course Learning Outcomes

Course Learning Outcomes
1. Create and actively participate in a personal fitness program designed to improve the major components of physical fitness (e.g. muscular strength, muscle endurance, flexibility, cardiovascular endurance, and body composition).

2. Evaluate daily fitness workouts.

3. Describe the life-long importance of physical fitness.

4. Implement plans for improvement based on fitness test data.

Outline of Topics Covered

I. Use of safe exercise techniques
II. Muscular strength training exercises
III. Muscular endurance training exercises
IV. Flexibility exercises
V. Aerobic activities
VI. Body composition/body fat percentages
VII. Strategies for exercise adherence
VIII. Healthy lifestyle behaviors
IX. Cardiovascular fitness
X. Professional certification requirements
XI. Physical Fitness Assessment