HPE201: PHYSICAL FITNESS II

I. Prerequisite: HPE101
   1 semester hours credit

   Physical Fitness II is a continuation of Physical Fitness I at an advanced level promoting overall personal physical fitness and emphasizing knowledge pertinent to cardiorespiratory fitness. Advanced training techniques are included. The student selects a fitness program geared for his/her particular needs. Physical Fitness II will partially meet the Physical Education requirement for the Associate Degree. (F,S)

II. GENERAL COURSE OBJECTIVES

   Upon completion of this course, the student will be able to:

   A. Increase their physical efficiency and the capacity to do daily tasks quickly and easily.

   B. Enhance their leisure-time abilities and interests that possess carry-over value through actively participating in class routines.

   C. Increase their cardiovascular endurance.

   D. Improve their general body conditions and feeling of well-being and self-image.

   E. Increase their overall fitness to enable their bodies to process and deliver oxygen efficiently.

III. COURSE OUTLINE (COURSE CONTENT WILL BE DRAWN FROM THIS)

   A. Personal Fitness: Wellness
      1. Personal physical fitness
      2. Health assessment

   B. Advanced Training: Your Body's Response
      1. Warmup
      2. Training
      3. Cool-down

   C. Assessment: Evaluation and Fitness Appraisal
      1. The fitness appraisal
         a. Cardiorespiratory assessment
         b. Strength assessment
         c. Flexibility assessment
         d. Motor skill assessment
         e. Muscular Endurance assessment
         f. Body Composition assessment

   D. How To Get Where You Want To Be: Advanced Choices
1. Making a choice actively
2. How often should you exercise?
3. How long should you exercise?
4. How much effort do you expend?

E. Planning Your Individualized Program and Keeping it Going.
   1. Wellness through an advanced individualized program
   2. Maintaining your program: Guidelines

F. Physical Fitness Throughout Life
   1. Fitness programs for the adult years

IV. UNIT OBJECTIVES

A. Personal Fitness: Wellness
   1. Identify the degree to which your behaviors are healthy and unhealthy.

B. Training: Your Body's Response
   1. Describe the important aspects of advanced training programs.

C. Assessment: Evaluation and Fitness Appraisal
   1. Self-evaluate and measure cardiorespiratory endurance, muscular strength
      and endurance, flexibility, body composition, and agility.

D. How To Get Where You Want To Be: Choices
   1. Identify the important criteria for choosing an appropriate activity.

E. Planning Your Individualized Program and Keeping it Going
   1. Self-evaluate the fitness goal and the present fitness status before deciding
      on the details of a fitness program.
   2. Self-evaluate the means of improving the chances of maintaining a
      physical fitness program once one has been started.

F. Physical Fitness Throughout Life
   1. Understand the proper kind, amount, and duration of exercise for adult
      participants.

V. METHOD(S) OF INSTRUCTION

A. Instructor Lectures

B. Observation

C. Self-Motivated Physical Activities
D. Pre and Post Tests of Physical Skills

VI. REQUIRED TEXTBOOK(S) (WITH PUBLICATION INFORMATION)

None

VII. REQUIRED MATERIALS (STUDENT)

A. Appropriate Clothing
B. Appropriate Shoes

VIII. SUPPLEMENTAL REFERENCES

A. Readings in physical fitness approved by the instructor for supplemental credit.

IX. METHOD(S) OF EVALUATION (STUDENT)

A. The students’ grades are based on attendance and participation.
   1. A-participation of 30 hours of workout time and no absences
   2. B-less than 2 absences
   3. C-less than 4 absences
   4. D-less than 5 absences
JEFFERSON COLLEGE

COURSE SYLLABUS

HPE201

PHYSICAL FITNESS II

1 Credit Hour

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