

**HPE 252 FOUNDATIONS OF FITNESS
 MASTER SYLLABUS
 LECTURE HOURS/CREDITS: 3/3**

CATALOG DESCRIPTION

This course is designed to provide students with insight into applying fitness training principles to various populations, and into the development of health and skill related fitness in individuals. Students will develop skill in designing fitness programs for individuals with differing needs and abilities. Throughout this course the concept of providing challenging yet success assured learning experiences for fitness development will be emphasized.

REQUIRED TEXT

National Association for Sport and Physical Education (2004). *Physical Education for Life Long Fitness*. Champaign, IL: Human Kinetics.

It is the **responsibility of the student** to confirm with the bookstore and/or their instructor the textbook, handbook and other materials required for their specific course and section.

Please see current textbook prices at www.rcgc.bncollege.com

EVALUATION AND ASSESSMENT

Grading Distribution

<p>Individual instructors may include the following assessment(s):</p> <ul style="list-style-type: none"> • Exams • Quizzes • Assignments • Research Paper • Observation and Discussion • Attendance and Participation 	<p>Grading to be determined by individual instructors</p>
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Grading Scale

The grading scale for each course and section will be determined by the instructor and distributed the first day of class.

HPE 252 CORE COMPETENCIES

This course focuses on three of RCGC's Core Competencies:

- Written & Oral Communication
- Information Literacy

HPE 252 CORE COMPETENCIES

(Please refer to the online syllabus for Core Competency Definitions and complete list of Student Learning Outcomes addressed in this course)

This course focuses on three of RCGC's Core Competencies:

CORE COMPETENCIES	LEARNING OUTCOMES	ASSESSMENT INSTRUMENTS
Information Literacy	Analyze, interpret and apply the physiological principles presented in various physical fitness development programs	Labs Quizzes Exams
Information Literacy	Demonstrate a level of proficiency in physical fitness that will enable adequate participation in physical activity	Class Participation
Written Communication	Describe the mechanical principles that are important to fitness development	Labs Quizzes Exams
Oral Communication	Discuss developing fitness of different populations, i.e. young, middle aged, older adults, athletes, non-athletic, and individuals with special needs	Class Participation
Information Literacy	Recognize and apply all safety techniques related to participation, and while assisting others where appropriate	Class Participation

CLASS POLICIES

ATTENDANCE POLICY: Students attain maximum academic benefit through regular class attendance. Nothing else has yet been discovered to replace in value the daily, cumulative, educational growth that results from regular participation in class. This is especially true where ideas, concepts, points of view, social developments, poise, confidence, knowledge and success derive from the interaction of students and faculty. Students are responsible for all materials during class absence and should make arrangements *with other students* to acquire class notes.

In the case of an absence, the student is responsible for obtaining class notes and assignments.

PLAGIARISM: Please refer to the online syllabus for definitions of plagiarism. **In this class, deliberate and accidental plagiarism will be treated the same.** The first instance of plagiarism will result in a zero (0) for that assignment and require a student instructor conference. A second offense will result in an F for the course. In addition, a second offense will be reported to the Dean of Liberal Arts and the Director of Student Affairs.

ARRIVING LATE, LEAVING EARLY: Permission to arrive late or leave early must be obtained from the instructor as class attendance means being present for the entire class period.

ELECTRONICS: Use of cell phones, MP3 players, pagers, and similar electronic devices **is not permitted during class time. The use of these devices during class time is tantamount to absence; any exceptions to this must be arranged with the instructor in advance.** In other words, using electronic devices during class time will result in the student being marked absent. More than two absences will result in dropping a letter grade.

Additionally, **students are not permitted to record the class lectures.** Students are not permitted to use portable computers for note-taking or any other purpose in the classroom unless permission is given by the instructor and will only be granted for exceptional circumstances.

CRITERIA FOR PREPARING AND SUBMITTING WRITTEN ASSIGNMENTS

1. All written assignments **must be** word-processed, double-spaced, and printed on one side of the paper with a one inch margin on all sides.
2. Your name and the date must be written in the upper left corner of the first page. Multiple pages must be numbered, and the pages must be fastened with a staple.
3. When a paper incorporates sources, the paper must contain correct MLA parenthetical citations and a correct MLA works cited page.
4. All assignments are due on the dates listed on the syllabus. Class absences do not cancel this policy.
5. Assignments must be submitted to your professor in the classroom. Papers placed in the professor's mailbox will not be accepted.

HPE 252 TOPICAL OUTLINE

1. Understanding Physical Fitness
 - (a). Parameters of Fitness
 - (1) cardiorespiratory endurance
 - (2) flexibility
 - (3) muscular strength
 - (4) muscular endurance
 - (5) body composition
 - (b). Types (modes) of Training
 - (1) anaerobic vs. aerobic
 - (2) stretching programs
 - (3) resistance training
 - (c). Physiological Principles
 - (1) warm-up and cool down
 - (2) frequency
 - (3) intensity
 - (4) time (duration)
 - (5) type (mode)
 - (6) overload
 - (7) law of specificity
 - (8) breathing
 - (9) threshold and target zone (heart rate monitoring)

2. Developing Physical Fitness
 - (d). Conditioning Programs
 - (1) Cardiorespiratory emphasis
endurance
+aqua, rhythmic, and step aerobics
+jogging
+interval
 - (2) Flexibility emphasis
+static vs. ballistic stretching
+passive resistance
+with breathing for conscious
 - (3) Emphasis on muscular strength
+weight training
-sets, reps, resistance determination, failure
-free weights, Universal, Nautilus, etc.
-strategies, breathing, and safety procedures
-types of contractions (isotonic, etc.)
 - (4) Emphasis on muscular endurance
-weight lifting
-calisthenics (own body weight as the resistance)
-body toning exercises
 - (5) Emphasis on body composition
+follow American College of Sports Medicine (ACSM) recommendations
+body types (ectomorph, mesomorph, endomorph)