

ILLINOIS VALLEY COMMUNITY COLLEGE



COURSE OUTLINE

DIVISION: Natural Sciences Business

COURSE: HPE-1309

Date: 09/01/13

Credit Hours: 1-6

Prerequisite(s): HPE-1308

Delivery Method: Lecture 0 Contact Hours (1 contact = 1 credit hour)
 Seminar 0 Contact Hours (1 contact = 1 credit hour)
 Lab 0 Contact Hours (2 contact = 1 credit hour)
 Clinical 0 Contact Hours (3 contact = 1 credit hour)
 Online
 Blended

Offered: Fall Spring Summer

IAI Equivalent –**Only for Transfer Courses**–go to <http://www.itransfer.org>:

CATALOG DESCRIPTION:

This course is designed for the student desiring to reach an advanced level of fitness. Emphasis is placed in three areas of physical fitness: strength, flexibility and cardiovascular endurance. Each student's level of fitness will be evaluated through a pre- and post-physical fitness assessment.

GENERAL EDUCATION GOALS ADDRESSED

[See the last page of this form for more information.]

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

[Choose those goals that apply to this course.]

- To apply analytical and problem solving skills to personal, social and professional issues and situations.
- To communicate orally and in writing, socially and interpersonally.
- To develop an awareness of the contributions made to civilization by the diverse cultures of the world.
- To understand and use contemporary technology effectively and to understand its impact on the individual and society.

- ☒ To work and study effectively both individually and in collaboration with others.
- ☒ To understand what it means to act ethically and responsibly as an individual in one's career and as a member of society.
- ☒ To develop and maintain a healthy lifestyle physically, mentally, and spiritually.
- ☒ To appreciate the ongoing values of learning, self-improvement, and career planning.

EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

[Outcomes related to course specific goals.]

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

1. understand the basic components of a physical fitness program so that he/she will better understand what is being accomplished during exercise.
 - 1:1 understand concepts of cardiovascular fitness.
 - 1:2 understand Target Heart Rate procedure.
 - 1:3 understand and demonstrate concepts of strength training.
 - 1:4 understand and demonstrate concepts of flexibility.
 - 1.5 understand components of body composition.

2. demonstrate proper usage of cardiovascular machines.
 - 2:1 be instructed on proper use of exercise bikes.
 - 2:2 be instructed on proper use of stair steppers.
 - 2:3 be instructed on proper use of treadmills.
 - 2:4 be instructed on proper use of cross trainers.

3. demonstrate proper usage of weight training machines.
 - 3:1 understand and demonstrate proper techniques of weight training equipment.

4. engage in vigorous exercise activity.
 - 4:1 use all appropriate equipment within the context of their exercise program.
5. demonstrate improved strength, flexibility and cardiovascular endurance.
 - 5:1 be pre- and post-tested at the beginning and ending of each semester to measure fitness improvements.

6. set up an individualized fitness program.
 - 6:1 be instructed on how to design an exercise program to suit their individual needs and goals.

COURSE TOPICS AND CONTENT REQUIREMENTS:

Week 1 Orientation

Weeks 2-51 Students will come to the Fitness Center and exercise according to the recommendations of his/her fitness profile. Individual changes will be made as needed.

Week 52 Post-testing

A. At the end of the course, students will be retested and given a computerized sheet on pre-test and post-test results, which will show actual, and percentage changes in inches, weight and strength.

B. If the student did not reach his/her expected goals, an evaluation is made of the prescriptive program and adjustments will be suggested.

INSTRUCTIONAL METHODS:

1. Instructor personally pre- and post-tests each student with the aid of a computer.
2. Direct supervision and individual instruction will be given while the student is using the Fitness Center.

INSTRUCTIONAL MATERIALS:

1. Physical fitness equipment - Fitness Center Laboratory

STUDENT REQUIREMENTS AND METHODS OF EVALUATION:

Students will be required to do the following:

1. Complete the fitness test (pre-test) at the beginning of the course.
2. Complete the fitness test (post-test) at the end of the course. This must be completed no later than the last day of classes at the end of the course.
3. Fill out a daily workout form after each workout.
4. Pick up their fitness profile in the Fitness Center office and have one of the staff members explain their exercise program.
5. Carry a towel during the workout to wipe perspiration off themselves and the equipment.

Grading Scale

- A = 36 visits
- B = 31-35 visits
- C = 26-30 visits
- D = 18-25 visits
- F = 0-17 visits
- P/F = 18 visits

OTHER REFERENCES

- A. American College of Sports Medicine, Resource Manual for Guidelines for Exercise Testing and Prescription, 2012.
- B. Powers, Howley, Exercise Physiology Theory and Application to Fitness and Performance, 2012.
- C. Corbin, Lindsey, Welk, Concepts of Fitness and Wellness, 2012.
- D. Fahey, Insel, Roth, Fit and Well, 2013.
- E. Hales, An Invitation to Health, 2011.
- F. Hoeger, Sharon, Hoeger, Lifetime Physical Fitness and Wellness, 2011.
- G. Thygeson, Fit to be Well, 2013.
- H. Powers, Dodd, Total Fitness, Exercise, Nutrition, and Wellness, 2009.
- F. National Academy of Sports Medicine, Optimum Training Program, 2012.
- G. Neumann, Kinesiology of the Musculoskeletal System, 2010.
- H. Baechle, Earle, Essentials of Strength Training and Conditioning, 2008.
- I. McArdle, Katch, Katch, Sports & Exercise Nutrition, 2005.

