

# ILLINOIS VALLEY COMMUNITY COLLEGE



## COURSE OUTLINE

**DIVISION: Natural Sciences Business**

**COURSE: HPE-2020**

Date: 09/01/13

Credit Hours: 1

Prerequisite(s): HPE-1021

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. Every student must attend an orientation session at the beginning of the class. 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.
  - 1:2 understand Target Heart Rate procedure.
  - 1:3 understand and demonstrate concepts of strength training.
  - 1:4 understand and demonstrate concepts of flexibility training.
  - 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

Week 2 - Fitness assessment

Weeks 3-15 - 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 16 - Post-testing

## **INSTRUCTIONAL METHODS:**

1. Instructor will provide orientation for all students on all procedures of the class.
2. Instructor personally pre- and post-tests each student with the aid of a computer.
3. 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:**

tudents will be required to do the following:

1. Attend one orientation session.
2. Complete the fitness test (pre-test) at the beginning of the course.
3. 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.
4. Fill out a daily workout form after each workout.
5. Pick up their fitness profile in the Fitness Center office and have one of the staff members explain their exercise program.
6. Carry a towel during the workout to wipe perspiration off themselves and the equipment.

## **Grading:**

A = 36 visits

B = 31-35 visits

C = 26-30 visits

D = 18-25 visits

F = 0-17 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.

# Course Competency/Assessment Methods Matrix

Course Prefix, Number and Name	Assessment Options																																
<p>For each competency/outcome place an "X" below the method of assessment to be used.</p>	<b>Assessment of Student Learning</b>	Article Review	Case Studies	Group Projects	Lab Work	Oral Presentations	Pre-Post Tests	Quizzes	Written Exams	Artifact Self Reflection of Growth	Capstone Projects	Comprehensive Written Exit Exam	Course Embedded Questions	Multi-Media Projects	Observation	Writing Samples	Portfolio Evaluation	Real World Projects	Reflective Journals	Applied Application (skills) Test	Oral Exit Interviews	Accreditation Reviews/Reports	Advisory Council Feedback	Employer Surveys	Graduate Surveys	Internship/Practicum /Site Supervisor Evaluation	Licensing Exam	In Class Feedback	Simulation	Interview	Written Report	Assignment	
<p>Assessment Measures – Are direct or indirect as indicated. List competencies/outcomes below.</p>	<b>Direct/ Indirect</b>	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	I	I	I	I	D	D								
Pre-Assessment Test				X																							X	X					
Post Assessment Test				X																							X	X					
Daily Visits			X	X																							X	X					

