



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 (eg. 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