1. **COURSE TITLE\*:** Principles of Health-Related Fitness
2. **CATALOG – PREFIX/COURSE NUMBER/COURSE SECTION\*:** HPER 2295
3. **PREREQUISITE(S)\*:** None **COREQUISITE(S)\*:** None
4. **COURSE TIME/LOCATION: (*Course Syllabus – Individual Instructor Specific*)**
5. **CREDIT HOURS\*:** 3 **LECTURE HOURS\*:** 3

**LABORATORY HOURS\*: (contact hours)** 0 **OBSERVATION HOURS\*:** 0

1. **FACULTY CONTACT INFORMATION: *(Course Syllabus – Individual Instructor Specific)***
2. **COURSE DESCRIPTION\*:** Intense study into the five components of health-related fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition; and how people can affect their health and fitness through improving each health-related fitness component.
3. **LEARNING OUTCOMES\*:**
4. Understand the major principles associated with physical fitness and exercise
5. Understand how the body produces energy for cardiorespiratory exercise; and the effects and benefits, measurement and assessment, and exercise prescription of cardiorespiratory endurance and training.
6. Understand the effects and benefits and the measurement and assessment and of muscular strength training and different types of exercises that can be used in muscular strength training
7. Understand the effects and benefits and the measurement and assessment and of muscular endurance and different types of exercises that can be used in muscular endurance training
8. Understand the benefits of flexibility and the measurement and assessment and prescription of stretching techniques to improve personal flexibility
9. Understand how body composition affects overall health and wellness and how people can measure, assess, and improve body composition
10. Understand how to design and maintain a complete fitness program over the long term, including to accommodate different life stages and special health concerns
11. **ADOPTED TEXT(S)\*:**

ThomasFahey*,* Paul Insel, Walton Roth, and Claire Insel

*Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness -* Brief Edition, 15th edition: ISBN: 9781265971526 (e-book with Connect)

**9a: SUPPLEMENTAL TEXTS APPROVED BY FULL TIME DEPARTMENTAL FACULTY (INSTRUCTOR MUST NOTIFY THE BOOKSTORE BEFORE THE TEXTBOOK ORDERING DEADLINE DATE PRIOR TO ADOPTION) \*\*\*.** None

1. **OTHER REQUIRED MATERIALS: (SEE APPENDIX C FOR TECHNOLOGY REQUEST FORM.)\*\***

Students may choose to opt-out and not be charged or receive this Follett Access (Inclusive Access) class resource.  Not having this resource could impact the student’s ability to stay current in the course and may impact academic success.  To opt-out, student must contact the campus bookstore.

1. **GRADING SCALE\*\*\*:**

Grading will follow the policy in the catalog. The scale is as follows:

A: 90 – 100

B: 80 – 89

C: 70 – 79

D: 60 – 69

F: 0 – 59

1. **GRADING PROCEDURES OR ASSESSMENTS: (*Course Syllabus – Individual Instructor Specific – below is a sample)***

|  |  |  |
| --- | --- | --- |
| *Category* | *Total Points* | *% of Grade* |
| Chapter Assignments | 150 | 15% |
| Quizzes | 150 | 15% |
| Unit Exams | 300 | 30% |
| In-Class or Discussion Assignments | 100 | 10% |
| Scholarly Article and Web Site Reviews | 90 | 9% |
| Fitness Program Designs | 210 | 21% |
| Total | 1000 | 100% |

1. **COURSE METHODOLOGY: *(Course Syllabus – Individual Instructor Specific – below are some examples)***

* Exams or Tests
* Chapter Assignments
* Scholarly Article Reviews
* Web Site Reviews
* Health-Related Fitness Testing
* Personal Fitness Program Design – Cardiorespiratory Endurance
* Personal Fitness Program Design – Muscular Strength and/or Muscular Endurance
* Personal Fitness Program Design – Flexibility
* Exercise Log Sheets
* Case Studies
* Group Discussions

1. **COURSE OUTLINE: *(Course Syllabus – Individual Instructor Specific)***

Below is a sample outline for a 16-week semester schedule.

**Week One** – Introduction to the course, course policies, and course procedures; principles of physical fitness; how physical activity helps develop health and fitness (LO1)

Discussion Assignment – Principles of physical fitness

**Week Two** – Components of physical fitness; goals and principles of physical training; principles involved in designing a well-rounded exercise program; safe, effective, and successful exercise (LO1)

Quiz – Principles of physical fitness

**Week Three** – How the body produces energy for cardiorespiratory exercise; the effects and benefits of cardiorespiratory exercise on the body (LO2)

Scholarly Article review – Cardio Endurance

Assign personal cardio program design and log

**Week Four** – How cardiorespiratory endurance is assessed and measured; cardiorespiratory exercise prescription; developing cardiorespiratory endurance (LO2)

Discussion – Cardio Endurance

**Week Five** – Preventing and treating common aerobic exercise injuries; Cardiorespiratory Endurance Program Design and Log Sheet due; Exam One (principles of physical fitness and cardiorespiratory fitness) (LOs 1 and 2)

Quiz – Cardio endurance

**Week Six** –The basic physiology of muscles; how weight training affects muscles; define muscular strength and how it affects wellness (LOs 3 and 4)

Discussion – Weight training

**Week Seven** – Muscular Strength definitions and assessment; muscular strength prescription LO3)

Quiz – Muscular Strength

Assign personal strength training program design and log

**Week Eight** – Muscular Endurance definition and assessment; muscular endurance prescription (LO4)

Scholarly article review – weight training

**Week Nine** – Effects of drugs and supplements; weigh training safety; common weight training exercises using free weights, weight machines, and body weight (LOs 3 and 4)

Quiz – Muscular strength

**Week Ten** – Muscular Strength/Endurance Program Design and Log Sheet due: Exam Two (muscular strength and muscular endurance); Benefits of flexibility and stretching; factors that affects a joint’s flexibility (LOs 3, 4, and 5)

Discussion – Flexibility

**Week Eleven** – Factors that affect a joint’s flexibility; types of stretching exercises and how they affect muscles; flexibility assessment and prescription (LO 5)

Assign personal flexibility program design and log

**Week Twelve** – Safe stretching exercises for specific major joints; define fat-free mass and body fat and their functions; how body composition affects overall health (LOs 5 and 6)

Scholarly article review – flexibility

Quiz – Flexibility

**Week Thirteen** – How body composition and body fat distribution are measured and assessed (LO 6)

Discussion – Body Composition

**Week Fourteen** – Flexibility Program Design and Log Sheet due; steps for designing a complete personal exercise program for improved health (LOs 5 and 7)

Quiz – body composition

**Week Fifteen** – Strategies for maintaining a comprehensive exercise and fitness program; creating programs to accommodate different life stages and special health concerns (LO 7)

Quiz – Putting together a complete physical fitness program

**Week Sixteen** – Exam Three (flexibility, body composition, designing a complete exercise program) (LOs 5, 6, and 7)

**15. SPECIFIC MANAGEMENT REQUIREMENTS\*\*\*:**

**16. FERPA:\***

Students need to understand that your work may be seen by others. Others may see your work when being distributed, during group project work, or if it is chosen for demonstration purposes. Students also need to know that there is a strong possibility that your work may be submitted to other entities for the purpose of plagiarism checks.

**17. DISABILITIES:\***

Students with disabilities may contact the Disability Services Office, Central Campus, at 800-628-7722 or 937-393-3431.

**18. OTHER INFORMATION\*\*\*:**

**SYLLABUS TEMPLATE KEY**

**\*** Item cannot be altered from that which is included in the master syllabus approved by the Curriculum Committee.

**\*\*** Any alteration or addition must be approved by the Curriculum Committee

**\*\*\*** Item should begin with language as approved in the master syllabus but may be added to at the discretion of the faculty member.