

## **Department:**

Physical Education

## **Course Description:**

This course is designed for students seeking an Associate of Applied Science degree in personal fitness training. The course will focus on how to build an individual exercise program that includes cardiovascular endurance, strength, and flexibility for maintaining a fitness lifestyle. The course will also cover nutrition, body composition, and weight management.

## **Course Competencies:**

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

1. Define physical fitness and explain how it relates to health and wellness.
2. Monitor daily physical activity.
3. Integrate physical activity into a physical fitness program.
4. Explain the relationship of nutrition to health and wellness.
5. Use the USDA guidelines for healthier eating and keeping food diaries.
6. Define and measure factors related to body composition.
7. Determine recommended weight according to body fat percentage and body mass index.
8. Explain the role of a lifetime exercise program in weight management.
9. Implement a physiologically sound weight management program.
10. Evaluate personal physical fitness using a cardiovascular fitness testing program.
11. Set up a cardiorespiratory exercise program.
12. Assess muscular strength and endurance and interpret the results according to health and fitness standards.
13. Set up a muscular strength and endurance program according to test results.
14. Assess muscular flexibility and interpret the results according to health and fitness standards.
15. Set up a muscular flexibility program.
16. Plan an overall personal fitness program.
17. Identify types of physical activities that contribute to lifetime fitness.
18. Identify resources that can contribute to a fitness program.
19. Differentiate between physiological and chronological age and determine life expectancy and real physiological age.
20. Review fitness accomplishments and chart a comprehensive personal wellness program.

## **Course Content:**

- A. Physical Fitness and Wellness
- B. Nutrition

- C. Body Composition
- D. Weight Management
- E. Cardiovascular Endurance
- F. Muscular Strength, Endurance, Flexibility
- G. Fitness Programming
- H. Lifetime Fitness and Wellness

## Learning Assessments:

Course competencies will be assessed by attendance, participation, quizzes, class assignments, exams, and a final comprehensive exam.

## Instructional Materials:

Lifetime Physical Fitness and Wellness, Hoeger, Hoeger 12th Ed., Wadsworth Cengage, 2013.  
ISBN: 13-978-1-111-99001-5

### **Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” on our [Disability Services website](#).

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.

### **A Note on Harassment, Discrimination and Sexual Misconduct**

Highland Community College seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX, and College policy prohibit harassment, discrimination and sexual misconduct. Highland Community College encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to report to the Vice President for Student Services, the Human Resources Director or complete an [online report](#) about what happened so that they can get the support they need and Highland Community College can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Highland Community College is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please review our [Equity Grievance Policy](#).