



Department:

Physical Education

Course Description:

This course is designed to provide each student the opportunity to develop the knowledge and skills essential for maintaining a fitness lifestyle.

Course Competencies:

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

1. Define the meaning of physical fitness and how it relates to health and wellness.
2. Integrate the role of physical activity in a physical fitness program.
3. Evaluate the need for and development and maintenance of such basic elements of physical fitness as cardiovascular endurance, strength, flexibility, and body composition.
4. Integrate the relationship of nutrition to health and wellness.
5. Assess the nature and management of stress.
6. Demonstrate the procedure and considerations in planning a personal fitness program.
7. Identify the types of physical activities that can contribute to the fitness over a course of a lifetime.
8. Identify resources that are available and can contribute to a fitness program.

Course Content:

- A. Cardio
- B. Upper body weights
- C. Lower Body weights

Learning Assessments:

Students will be evaluated on attendance, attitude, improvement of skills, rep-max exercise, development of a workout program, participation, demonstrations, and workout program project final.

Instructional Materials:

Weights, videos



**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.

On-Campus Students: At enrollment, any on campus student may complete a form that will allow them to self-identify any disability.

Off-Campus Regional Students: Self-identify your disability and accommodation needs with the Regional Coordinator and/or instructor, preferably prior to the first class meeting.

Online Students: Self-identify your disability and accommodation needs by contacting the Disabilities Coordinator. Students must provide their own programs to allow accessibility on their home computer.

Any student may also identify their disability by completing an online form located on the HCC homepage under Students Services/Resources/Disabilities. Questions should be directed to the Disabilities Coordinator.