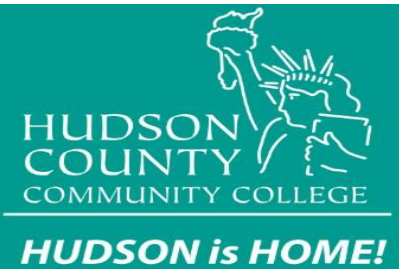




School of Nursing and Health Professions Syllabus



Term:

Credits: 3

Office Hours:

Course Code: EXS-110

Office Location:

Title of Course: Fitness Training Methods

Email:

Days & Times:

Phone:

Location:

Prerequisites: Exit Basic English and Basic Math

Instructor:

COURSE DESCRIPTION:

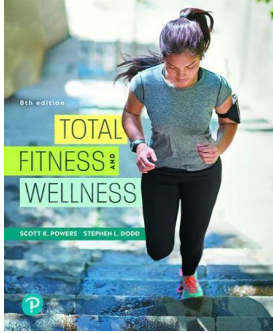
This course introduces students to the five health-related fitness components. Students learn a variety of formats, modalities, and equipment used for each fitness component. Laboratory activities apply lecture material and focus on performing various exercises safely and properly. Self-assessment of fitness in each of the categories allows students to create realistic fitness goals. Students learn the principles of fitness training and how to design a safe and effective personalized training program. Concepts introduced during lectures are reinforced during laboratory hours.

COURSE OBJECTIVES:

1. Define the principles of fitness, health, and wellness.
2. Describe the benefits of physical activity for a healthy lifestyle.
3. Understand the safety aspects and risks of physical fitness training.
4. Apply concepts of anatomy and physiology to physical fitness components.
5. Demonstrate cardiorespiratory, flexibility, and resistance training exercises with accuracy and safety.
6. Design a safe and effective personalized exercise program.

TEXTBOOK REQUIRED:

Total Fitness and Wellness, 8th edition, by Powers and Dodd (Pearson)



EVALUATION METHODS:

Discussions	7@30 points each	210
Assignments	12@20 points each	240
On-ground Labs	16@20 points each	320
Quizzes	4@20 points each	80
Exams	3@50 points each	150
Total		1000

WEEKLY OUTLINE:

Week	Topic	Learning Outcomes (L.O)
1	Fitness: Benefits and Safety	SLO 1, 2, 3
2	Assessing Personal Fitness	SLO 1, 2, 6
3	Cardiorespiratory Health & Fitness	SLO 4, 2, 5,
4	Muscular Fitness	SLO 4, 2, 5,
5	Stability and Mobility	SLO 4, 2, 5
6	Healthy Body Composition	SLO 4, 2, 5
7	Fitness & Wellness Planning	SLO 1, 6, 2, 4

HCCC POLICIES, STATEMENTS, AND SERVICES:

<https://www.hccc.edu/administration/academic-affairs/syllabus-addendum.html>