

Fond du Lac Tribal and Community College

COURSE OUTLINE

Date submitted: 11/21/07 Date approved:

Department and Course Number: PE 1041

Title of Course: Fitness for Endurance

Number of credits: Lecture Lab 1

Catalog/Course Description:

Emphasis on the cardiorespiratory development. Students will be asked to jog/run for 30 minutes at the conclusion of the course. Students will be guided to set their own goals and develop appropriate fitness program to meet these goals.

Placement for Success prerequisites: (See instruction sheet)

Reading: Level 1 English/Writing: Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class.

Special Information:

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

Other resources:

-Robert Sweetgall Walking Off weight-Video

- Relaxation Technique-audio tape
- Polar Heart Rate Monitor Use-Video
- Fitness for Life-video
- Sliderobics-video
- Sweatin' to the Oldies-video
- Step aerobics-video
- Yoga: stretches and relaxes-video
- Shopping with Susan-Susan Powter-video
- Covert Bailey's-Smart Exercise-video

Textbook:

Physical Fitness-A Way of Life, 5th Ed., Getchell, Mikesky, and Mikesky; Allyn & Bacon, 1998

Eating for Endurance: Coleman; Bull Publishing Co., 1988

Relationship of proposed course to the department mission and goals

This course develops skills in area of cardiovascular endurance fitness. It meets the department mission by providing instruction in a lifetime physical activity. It meets the College Goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one's lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:

Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to participate in lifetime aerobic activity.

Goal: To acquire a positive attitude toward physical activity and the knowledge and skills to develop and maintain an appropriate fitness level.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)

State a minimum of two assessment instruments for each learning outcome.

Outcome: To identify and appropriately use terminology, safety during a cardio respiratory fitness program.

Assessment: Written exam

Assessment: Self assessment

Outcome: To demonstrate sound principals in planning an endurance conditioning program.

- Appropriate activity
- Warm up/cool down
- Duration/Intensity
 - Assessment: Self-assessment
 - Assessment: Individualized program chart
 - Assessment: Journal entries

Outcome: To demonstrate the ability to successfully measure fitness components

- Max and Target heart Rate
- Flexibility-sit/reach; shoulder flexibility
- Cardiovascular endurance-3 mile Rockport walking test
 - Assessment: Self-assessment (performance check-off)
 - Assessment: Individualized program chart
 - Assessment: Polar Heart Rate Monitor usage

Outcome: To apply during class work outs:

- Heart rate palpitations or use of polar heart rate monitor
- Progress charting
- Warm up and cool down exercises
- Correct technique
 - Assessment: Self assessment
 - Assessment: Journal entries

Outcome: To demonstrate a fundamental understanding of the human body with emphasis on the skeletal and cardiovascular systems.

- Assessment: Individualized program
- Assessment: Written exam

Course content:

(Provide an outline of major topics covered in course)

- General fitness components
 - muscular strength
 - muscular endurance
 - flexibility
 - agility
 - cardiovascular endurance-Heart Rate max/target
- Fitness Plan components
 - warm-up
 - stretching
 - frequency

- duration
- intensity
- progression
- cool-down
- Safety procedures
- Training programs:
 - biking
 - aerobic dance
 - jogging/running
 - rope jumping
 - par-course
- Nutrition and stress reduction
- Self testing activities
- Lecture/practice in class of above skills

Placement for Success prerequisite
 Check one of each area--English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X