

**Fond du Lac Tribal and Community College
COURSE OUTLINE FORM**

Updated 11/25/14

Please return this form to the college vice president of academic affairs and the chairperson of the Academic Affairs and Standards Council (AASC)

1. Prepared by: _____

2. Date submitted: _____

3. Date approved: _____ Date revised 03/11/15

4. Department/discipline: Physical Education

5. Department(s) endorsement(s): _____
(Signatures of the person(s) providing the endorsement are required.)

6. Course Title: Introduction to Conditioning

Abbreviated course title (25 characters or less): _____

7. Course Designator: PE

8. Course Level: 1040

9. Number of Credits: Lecture _____

Lab 1

10. Control Number (on site) 35

Control Number (online) _____

11. Catalog/Course description:

An entry-level survey course to introduce students to many different activities and methods that develop cardio-respiratory endurance. Students will be guided to set their own goals and develop programs to attain these goals.

12. Course prerequisite(s) or co-requisite(s): Accuplacer scores/ Other courses

Prerequisite(s):

Co-requisite:

13. **Course Materials** (Recommended course materials and resources. List all that apply, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers).

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:

Fitness for Life, Allsen, Harrison and Vance Wm C. Brown Pub., 6th Edition, 1997.

14. Course Content (Provide an outline of major topics covered in course)

- General fitness components
 - Muscular strength
 - Muscular endurance
 - Flexibility
 - Agility
 - Cardiovascular endurance
- Fitness Plan components
 - Warm-up
 - Stretching
 - Frequency
 - Duration
 - Intensity
 - Progression
 - Cool-down
- Safety Procedures
- Training Programs:
 - Circuits
 - Aerobics
 - Step Aerobics
 - Dance
 - Yoga
- Nutrition and Stress Reduction
- Self-testing activities
- Lecture/practice in class of above skills

15. Learning Goals, Outcomes, and Assessment

At FDLTCC we have 4 Competencies Across the Curriculum (CAC) areas. They are as follows:

- A. Information Literacy (the ability to use print and/or non-print tools effectively for the discovery, acquisition, and evaluation of information)
- B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver information in a variety of formats.)
- C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate information to formulate and solve problems.)

D. Culture (knowledge of Anishinaabe traditions and culture, knowledge of one's own traditions and culture, knowledge of others' traditions and cultures, culture of work, culture of academic disciplines and/or respect for global diversity.)

Course learning outcomes will fulfill the identified competencies.

Course Learning Outcomes:

Upon completion of this course, the student will be able to:

1. Accurately define exercise terminology related to fitness and conditioning. (A, B)
2. Document personal actions effectively. (A, B, C)
3. Demonstrate the proper technique involved in exercises of fitness and conditioning. (A, B, C, D)
4. Design and interpret sound principles in preparing an exercise fitness program. (A, B, C, D)

16. **Minnesota Transfer Curriculum (MnTC):** If this course fulfills an MnTC goal area, state the goal area and list the goals and outcomes below:

See www.mntransfer.org

Goal Area(s): _____