**JACKSON COLLEGE OFFICIAL COURSE OUTLINE**

**Course number, title and credits; total time allocation**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Course Letter/Number | | **HPF 268** | | Credits | | | **2** | | Title | **Advanced Weight Training** | | | | |
|  |  | | |  | | |  | |  |  | | | | |
| Lecture/Discussion | **2** | | hrs/semester | |  | Lab | | **0** | | hrs/semester |  | Clinical | **0** | hrs/semester | |

**Catalog Description and Pre- and Co-requisites (Same as taxonomy and catalog** Participate in fitness evaluations and individually prescribed programs designed to develop strength, aerobic endurance and flexibility. ***Prerequisite: HPF 168 or HPF 186***

**Knowledge, Skills and Abilities Students Acquire from this Course (Educational Objectives)**

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

* Improve physical fitness as measured by muscular endurance, flexibility, strength, cardiovascular endurance, weight training and wellness-related concepts.
* Present information related to advanced concepts in strength training, body building and conditioning.
* Develop warm-up and team building workouts.
* Display leadership in class presentations.
* Promote the notion of community in the classroom.

**Associate Degree Outcomes Addressed in this Course (These must appear in course syllabus.)**

None. The Assessment Committee does not ask for ADO outcomes for any course that does not give credit leading to a degree. This course fits that criterion.

**Units/topics of Instruction**

* Elements of conditioning
* Fitness testing & working out
* Nutrition
* Weight Management
* Stress Management
* Relationships and Communication
* Spirituality

**Instructional Techniques and Procedures**

* Students should be prepared for and are expected to participate in physical activity.
* Students work at a pace appropriate to their level of fitness.
* Students may attend additional fitness classes.
* A variety of instructional techniques are used: lecture, class discussion, small group collaborative activities, video and computer-aided presentations, opportunities for personal assessment of health related measurements and behaviors, self-paced learning, internet assignments, course assessment.

**Instructional Use of Computer or Other Technology**

* Weight machines, cardio equipment and free weights
* JetNet is utilized for communication, some course materials, uploading of written assignments and as the gradebook.
* The internet is used for the research assignments.
* Instructors may use projection of internet sites, PowerPoint and videos for class presentations.

**Instructional Materials and Costs to Students**

Written course materials are handed out.   
Course Fee: $32

**Skills and abilities students should bring to the course**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | a limited amount of material |  | **X** | basic, pre-algebraic problems |
| Able to read | **X** | an average amount of material | Able to compute |  | simple algebraic problems |
|  |  | an above average amount of material |  |  | higher order mathematical problems |
|  |  |  |  |  |  |
|  |  | relatively easy material |  | **X** | short compositions |
| Able to read | **X** | moderately difficult material | Able to write |  | medium length compositions |
|  |  | technical or sophisticated material |  |  | lengthy compositions |
|  | | | | | |  |  |  |  |  |
|  | **X** | keyboard skills/familiar with computer |  | **X** | Ability to participate in physical activity\* |
| Able to use |  | computer application | Other necessary |  |  |
| technology | **X** | web navigation | abilities |  |  |
|  |  |  |  |  |  |

\*Basic health with few any restrictions on physical activity. A physician’s release is required for physical limitations and should include specific recommendations.

**The course is usually scheduled**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day: | X | Fall | X | Winter | X | Spring |
|  |  |  |  |  |  |  |
| Evening: |  | Fall |  | Winter |  | Spring |

|  |  |  |
| --- | --- | --- |
| **Prepared by \_\_\_\_\_\_\_Payge Hodapp\_\_** |  | **Date \_\_\_\_01/28/2015\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Approved by Dept. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Approved by Dean \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Approved by Curr. Comm. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

**(Last names, please) Form Revised 12/4/00**