**JACKSON COLLEGE OFFICIAL COURSE OUTLINE**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Course Letter/Number | **HPF 168** | Credits | **2** | Title | **Weight Training and Conditioning** |
|  |  |  |  |  |  |
| 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)**

Includes both didactic and practical application of the principles of comprehensive exercise. Learn about the multi-dimensional components of exercise including cardiovascular, flexibility and body composition. Special focus is placed on muscular strength and endurance within the context of a wellness perspective.

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

1. To improve one's personal knowledge of physical conditioning and wellness concepts.
2. To increase awareness about the impact of one’s choices and lifestyle on physical fitness and well-being.
3. To motivate students to assume a greater sense of personal responsibility for physical fitness and well-being.
4. To initiate behavior changes in components of fitness and wellness.

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

 None

**Units/topics of Instruction**

|  |  |
| --- | --- |
| Elements of Conditioning  | Weight Management  |
| Behavior Modification  | Stress Management |
| Cardio Respiratory Endurance | Reducing Unhealthy Habits |
| Muscular Strength and Endurance  | Interpersonal Wellbeing |
| Body Composition | Life Purpose and Meaning: Creating your future |
| Flexibility  | Lifetime Fitness & Wellness |
| Nutrition |  |

**Instructional Techniques and Procedures**

The course includes a number of delivery methods.

The activity portion includes demonstrations, individual work outs and small, cooperative groups for special work outs. It encourages work out partners for safety and motivation.

Specific content may be presented in brief lectures and/or discussion of fitness and health-related topics, demonstrations and student presentations from the HPF 268 students.

Audio and video presentations may be used to enhance the topics.

Once basic exercise theory is understood, students are encouraged to individualize their exercise routines to meet their personal needs as well as to choose from the assignment options those that are most appropriate and useful.

**Instructional Use of Computer or Other Technology**

* JetNet is used extensively: for submission of written assignments and as a repository for all assignment grades.
* Use of PowerPoint presentations, internet research and audio or video content is possible in the Weight Room on Main Campus.
* There is a technological aspect to some of the equipment used for fitness assessment and monitoring blood pressure.
* Communication of announcements is via email as needed.

**Instructional Materials and Costs to Students**

None – materials are provided as handouts or electronic versions are available on JetNet.

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **X** | a limited amount of material |  | **X** | basic, pre-algebraic problems |
| Able to read |  | an average amount of material | Able to compute |  | simple algebraic problems |
|  |  | an above average amount of material |  |  | higher order mathematical problems |
|  |  |  |  |  |  |
|  | **X** | relatively easy material |  | **X** | short compositions |
| Able to read |  | 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 activities |
| Able to use |  | computer application | Other necessary  |  |  |
|  technology |  | web navigation |  Abilities |  |  |
|  |  |  |  |  |  |

**The course is usually scheduled:**

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

|  |  |  |
| --- | --- | --- |
| **Prepared by Payge Hodapp** |  | **Date February 23, 2016** |
| **Approved by Dept. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Approved by Dean \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Approved by Curr. Comm. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  |

 **(Last names, please) Form Revised 12/4/01**