**JACKSON COLLEGE OFFICIAL COURSE OUTLINE**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Course Letter/Number | **HPF 187** | Credits | **1** | Title | **Interval Training** |
|  |  |  |  |  |  |
| Lecture/Discussion | **1** | hrs/semester |  | Lab | **0** | hrs/semester |  | Clinical | **0** | hrs/semester |

**Catalog Description and Pre- and Co-requisites (Same as taxonomy and catalog):** Participate in a vigorous running workout. Intervals ranging in distance from 200-800 meters form the basis of the workout.

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

During HPF 187, the student will:

* Identify individualized, safe and proper running and training techniques to maintain or improve physical working capacity
* Practice individualized, safe and proper running and training techniques
* Gain an understanding of the affective benefits of exercise and competition.

**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**

* Pacing strategy
* Speed and strength workouts
* Tailoring workout for various racing distances
* Peaking and tapering
* The role of strength training in enhancing performance

**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, aiming for healthy overload while respecting perceived exertion.
* Students may attend additional fitness classes.
* Direct delivery with class discussion, interval circuits, opportunities for personal assessment of health-related measurements and behaviors, 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.

**Instructional Materials and Costs to Students**

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

**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 activity\* |
| Able to use |  | computer application | Other necessary  |  |  |
|  technology |  | 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: |  | Fall | X | Winter |  | Spring |
|  |  |  |  |  |  |  |
| Evening: |  | Fall |  | Winter |  | Spring |

|  |  |  |
| --- | --- | --- |
| **Prepared by \_\_\_\_\_\_\_Payge Hodapp\_\_** |  | **Date \_\_\_\_01/27/2015\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Approved by Dept. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Approved by Dean \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Approved by Curr. Comm. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

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