



Course Syllabus

Course #: HPE1000 Course Name: Physical Conditioning

Division: Arts and Sciences Division

Class Days: TBA Class Time: TBA
Location: Classroom: SAC Laboratory: SAC
Credit Hours: 1 Contact Hours: 1 Lab Hours: Lecture Hours:

Instructor: Debbie Gallagher Office Location: SAC
Phone: (419) 559-2151 Email Address: dgallagher@terra.edu

Office Hours: TBD
Division Office/Location: Arts and Sciences Building A Division Fax: 419/355-1248
Full-time Contact Person: Pam Aldrich Phone(s): (419) 559-2411

Course Requirements:

The student is required to read and complete all quizzes and tests with meeting with the instructor throughout the semester. The student is also required to keep a weekly schedule of his/her exercise workout sessions by charting the length and type of workout in a sign-in log at the SAC Control Desk so s/he can monitor his/her progress throughout the quarter.

Prerequisite(s): None

Corequisite(s): None

Entry Level Skills and Knowledge: N/A

Required Texts, Supplies and Equipment:

Text: EXERCISE--PHYSICAL CONDITIONING--HPE 100, compiled by Debbie Gallagher.
Published by Terra Community College.

Learning Outcomes:

General Education

Upon completion of this course, the student should understand the concepts and benefits of good health and fitness and apply these practices and principles to enhance his/her physical, mental, and psychosocial well-being.

Assessment of Student Learning:

This course may include a project that is one of several that will be used by faculty to assess student academic performance in the program. A panel of faculty will review all the assessment activity then assess and summarize the academic performance of students at this point in the program. The results of this assessment will be shared among the department faculty, used to identify needed changes or

improvements, and submitted to the Student Academic Assessment Committee as part of the college's overall student academic assessment effort.

Assessment Project and Measurement in course (if any):

This course is based on each individual's fitness goals and needs according to his/her goals, technology requirements, and own special, unique needs. Certain requirements will be met according to the instructor at individual's level of fitness. The expectations are for every individual to understand the concepts and benefits of good health and fitness and apply these practices and principles to enhance his/her physical, mental, and psychosocial well-being as part of his/her on-going lifestyle.

Plan of Work:

Activity:

Minimum of 20 minutes of good aerobic activity (2) times per week. This can be achieved by using the Elliptical Stepper, Bikes, Rower, Treadmills, Nordic Track and downstairs walking track (13 laps = 1 mile), and/or Terra fitness classes. It is important to cross-train, using a variety of cardio workouts.

Also, include 10-20 minutes of weight training, (2) times per week along with stretching exercises.

Law Enforcement Student Requirements: Goals: Males (under 30) – Sit-ups – 40 in 1 min., 1.5 mile run in 12 mins.; Push-ups – 33 in 1 min. (over 30) Sit-ups – 36 in 1 min.; Push-ups – 27 in 1 min., 1.5 mile run in 12 ½ mins.

Females (under 30) Sit-ups – 35 in 1 min., Push-ups – 18 in 1 min., 1.5 mile run in 14 ¼ mins.; (over 30) Sit-ups – 27 in 1 min., Push-ups – 14 in 1 min., 1.5 mile run in 15 ¼ mins.

Grading:

By the end of the semester, the following should be achieved to complete the course with a “S” Satisfactory grade along with the above workout program:

--Satisfactory completion of tests.

--Satisfactory completion of exercise program.

--The student will know how to take his/her heart rate and to have his/her cardio workout heart rate be within his/her target heart rate range.

--The student will understand the importance of frequency, intensity, and duration in his/her workout routing.

IF THE STUDENT HAS A MEDICAL CONDITION, THE STUDENT MUST OBTAIN A WRITTEN DOCTOR'S APPROVAL AND THE STUDENT'S FITNESS PROGRAM WILL BE MODIFIED ACCORDINGLY.

Topical Outline:

1. Information on attaining physical fitness.
2. Information on good nutrition habits.

Course Requirements:

The student is required to read and complete all quizzes at the beginning of his/her fitness and nutrition chapters and hand these quizzes in to the instructor during the semester. The student is also required to keep a weekly schedule of his/her exercise workout times by charting the length and type of workout in a sign-in log at the SAC Control Desk so s/he can monitor his/her progress throughout the semester.

--- Level #4 on the Elliptical Stepper for 15 minutes.

--- Twenty (20) minutes of good aerobic workout, three (3) times per week. (This can be achieved by using the Elliptical Stepper, Bike, Rower, Nordic Track HealthRider, downstairs track, and/or fitness classes. It is important to cross-train, using a variety of cardio workouts including his/her favorite sport.)

--- Twenty (20) minutes of weight training, two (2) to three (3) times per week.

By the end of the semester, the following should be achieved to complete the course with an "S" Satisfactory grade along with the above workout program:

--- The student will be able to jog one (1) mile (13 laps) around the track.

--- The student will show upper body strength.

--- The student will know how to take his/her heart rate and to have his/her cardio workout heart rate be within his/her target heart rate range.

--- The student will understand the importance of frequency, intensity, and duration in his/her workout routine.

IF THE STUDENT HAS A MEDICAL CONDITION, THE STUDENT MUST OBTAIN A WRITTEN DOCTOR'S APPROVAL AND THE STUDENT'S FITNESS PROGRAM WILL BE MODIFIED ACCORDINGLY.

General/Miscellaneous:

This syllabus is for student and instructional planning. It will be followed as closely as possible, but will only serve as a guideline. Any student having a need for special accommodations is encouraged to make their needs known to the instructor during the first class of the quarter. Cheating or plagiarism may be cause for an individual to be dismissed from the class and/or the institution. See the Student Handbook for additional information regarding college policy.

Policies

Course Withdrawing: If for any reason you need to withdraw from this course, be certain that you do so according to College procedure. It is your responsibility to know and follow this procedure. If you simply stop coming to class, without officially withdrawing from the course, your grade is an automatic “F.” Please follow official College procedure for withdrawing from this or any course.

College Academic Policies are located in the College Catalog. A copy of the current catalog may be picked up in any of the division offices or admissions. The list of college policies is also available online at <https://www.terra.edu/register/Collegecat/policies.asp>.

Support Services: The College offers a number of support services to assist in your success in this course and all courses. Among these services are the Writing & Math Center in B105, the Office of Learning Support Services, which coordinates the campus disability services and tutoring programs, the computer labs, and the computers in the atriums.

Any student who feels he/she may need an accommodation based on the documentation of a disability should contact the Office of Learning Support Services privately to discuss his/her specific issues. Please contact the OLSS at (419) 559-2208 or visit office 100 Roy Klay Hall (Building A) to coordinate reasonable accommodations.

If you have a documented disability and are receiving academic accommodations through the Office of Learning Support Services, please schedule a meeting with your instructor in a timely manner so that we may discuss how these services will be arranged.

Tutoring services are available to students beginning the second week of every quarter. Students requesting tutoring services should obtain a tutor request form from the OLSS in 100 Roy Klay Hall (Building A) or online at the Terra website. Please note that instructor verification and acceptance of the Student Learner Agreement is necessary for all tutoring requests. All requests should be submitted to 100 Roy Klay Hall (Building A).