



MERCER
COUNTY COMMUNITY COLLEGE

COURSE OUTLINE

Course Number	Course Title	Credits
HPE171	Personal Fitness	1
Hours: Lecture/Lab/Other	Co- or Pre-requisite	Implementation Semester & Year
1/2/0	NONE	Spring 2022

Catalog description:

Assists in the development of a personal fitness program including weight and cardiovascular fitness equipment. Emphasizes strength, flexibility, cardiovascular, and weight control. A medical history is required; a physical exam may be required. Full-time students who complete this course may use the Fitness Center free of charge.

General Education Category:
Not GenEd

Course coordinator: Mike DeAngelis MS, CSCS, 609-570-3758,
deangelm@mccc.edu

Required texts & Other materials:

Access to the course on Blackboard

Course Student Learning Outcomes (SLO):

Upon Successful Completion of the course, the student will be able to:

1. Execute proper use of cardiovascular, machine, and free-weight fitness equipment (ILG 4, PLO 3)
2. Demonstrate a proper warm-up and cool-down (ILG 3,11, PLO 3,7)
3. Explain the five health related aspects of fitness (ILG 3, PLO 3)
4. Explain the FITT Principle as applied to Cardiovascular, Muscular Strength, Muscular Endurance and Flexibility Training (PLO 3, PLO 3,6,7)
5. Demonstrate different training modalities for optimal fitness (ILG 1,4, PLO 3)
6. Describe ideal body composition and health implications of excess visceral fat (ILG 3, PLO 4)
7. Develop a personal fitness plan (ILG 1,11, PLO 5,7)

Course-specific Institutional Learning Goals (ILG):

Institutional Learning Goal 1. Written and Oral Communication in English. Students will communicate effectively in both speech and writing.

Institutional Learning Goal 3. Science. Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.

Institutional Learning Goal 4. Technology. Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals.

Institutional Learning Goal 11. Critical Thinking: Students will use critical thinking skills understand, analyze, or apply information or solve problems.

Program Learning Outcomes for Exercise Science A.S. (PLO)

1. Succeed academically upon transfer to a baccalaureate program related to exercise science;
2. Secure employment in the field of exercise science;
3. Demonstrate the knowledge, skills, and ethical integrity necessary to succeed and grow as a health, wellness, fitness, and/or athletic performance professional;
4. Apply scientific and physiological principles to the promotion and enhancement of health, wellness, fitness, and athletic performance;
5. Assess and evaluate an individual's health and performance;
6. Prescribe workouts for generally healthy individuals as well as for athletic populations and those with special considerations;
7. Conduct safe and effective training sessions with generally healthy individuals.

Units of study in detail – Unit Student Learning Outcomes:

1. Introduction to Personal Fitness Class (SLOs: 1 & 2)

- Discuss the importance of the Physical Activity Readiness Questionnaire (PARQ)
- Locate scheduled MCCC fitness and wellness classes
- Describe proper fitness attire and fitness center etiquette
- Explain best practice of infectious disease prevention in the fitness setting
- Use fitness center equipment with proper technique

2. Principles of Cardiovascular Fitness Training (SLOs: 1, 2, 4, & 5)

- Describe the physiological processes of the cardiovascular system
- Analyze acute response and chronic adaptations to cardiovascular exercise
- Explain the principles of proper cardiovascular exercise program design
- Understand the purpose of prescribing different cardiovascular exercise modalities
- Identify target heart rate zones based on one's physical abilities and attributes

Commented [NIP1]: Some if the verbs in the units do not reflect "The student will be able to..."

3. Principles of Muscular Strength & Endurance Training (SLOs: 1 – 5)

- Discuss basic principles of anaerobic training
- Describe program recommendations for muscular strength training (sets/reps/load/rest)
- Describe program recommendations for muscular hypertrophy training (sets/reps/load/rest)
- Demonstrate various resistance training exercises using proper technique.
- Discuss the prescribed sets/reps/load/rest for muscular endurance training
- Demonstrate common muscular endurance training modalities

4. Principles of Flexibility Training (SLOs: 2 – 5)

- Analyze static, ballistic, PNF, and dynamic flexibility training techniques
- Comprehend the FITT principle as applied to flexibility training
- Explain the importance of flexibility training and how it relates to the overall fitness program

5. Body Composition (SLO: 6)

- Identify various methods of body composition assessment
- Discuss the factors that impact metabolic rate
- Identify risk factors for heart disease
- Explain how physical activity and diet impact body composition

6. Personal Fitness Plan (SLOs: 1, 2, 7)

- Develop, explain, and carry out an individualized personal fitness plan

Evaluation of student learning:

GRADING:

Since HPE171 is a concepts course, your grade will be determined by the following:

15 Hours + Personal Fitness Plan	A
10 Hours + Personal Fitness Plan	B
10 or more hours attended	C
5-10 hours attended	D
Zero-5 hours attended	F

(SLO 1-7)

ATTENDANCE POLICY:

Since this is a 7-week course, you will be penalized for each unexcused absence. The following is an explanation of the attendance policy:

Number of unexcused absences & Maximum Possible Grade

- 1 B
- 2 C
- 3 D
- 4 Failure is imminent.

Commented [NIP2]: Should mention SLO being evaluated