

EFFECTIVE: SEPTEMBER 2004 CURRICULUM GUIDELINES

A.	Division:	Education		Effective Date:		September 2004		
В.	Department / Program Area:	Science and Technology Sport Science		Revi	sion	X	New Course	
	,			If Revision, Section(s) Revised:			C	
				Date of Previous Revision: Date of Current Revision:		November 16, 200 September 2004	0	
C:	SPSC 1103	D: Conditioning for Sport and Physical Activity				tivity	E: 3	
	Subject & Course No. Descript		iptive	e Title Sen		nester Credits		
F:	Calendar Description:							
	This course provides an overview of the concepts of physical fitness. The topic areas include physical fitness assessment, the principle of health-related and skill-related fitness and the effects of exercise. Students will perform a variety of conditioning methods as well as experience the design and application of exercise programs.							
G:	/ Learning Settings Primary Methods of Instructional Delivery and/or Learning Settings:		H	I: Course Prerequisites:				
					none			
			I:	: Course Corequisites:				
					none			
	Number of Contact Hours: (per week / semester for each descriptor) 4 hours per week Number of Weeks per Semester:							
			J:	J: Course for which this Course is a Prerequisite				
					none			
			K	: Maximum Class Size:				
	15				35			
L:	PLEASE INDICATE:							
	Non-Credit	Non-Credit						

3. Exercise Programs

The student will:

- 3.1. Define the warm-up phase and the cool-down phase.
- 3.2. Describe the components and the effects of the warm-up and cool-down phases.
- 3.3. Demonstrate effective warm-up and cool-down procedures.
- 3.4. Examine and describe a variety of classic exercise programs.
- 3.5. Demonstrate a variety of classic exercise programs.
- 3.6. Examine and describe a variety of contemporary exercise programs.
- 3.7. Demonstrate a variety of contemporary exercise programs.

4. Physical Fitness Assessment

The student will:

- 4.1. Discuss the role of physical fitness assessment with respect to exercise programs.
- 4.2. Describe the types of physical fitness assessment, including:
 - 4.2.1. field tests
 - 4.2.2. lab tests
 - 4.2.3. lab-like tests
- 4.3. Describe the purpose of physical fitness assessment.
- 4.4. Describe a variety of methods of physical fitness assessment with respect to:
 - 4.4.1. muscular strength
 - 4.4.2. muscular endurance
 - 4.4.3. flexibility
 - 4.4.4. body composition
 - 4.4.5. posture
 - 4.4.6. aerobic capacity
 - 4.4.7. anaerobic capacity
- 4.5. Demonstrate a variety of methods of physical fitness assessment with respect to:
 - 4.5.1. muscular strength
 - 4.5.2. muscular endurance
 - 4.5.3. flexibility
 - 4.5.4. body composition
 - 4.5.5. posture
 - 4.5.6. aerobic capacity
 - 4.5.7. anaerobic capacity

5. The Design and Implementation of Exercise Programs

The student will:

- 5.1. Examine and describe factors associated with the design of exercise programs.
- 5.2. Examine and describe factors associated with the monitoring and evaluation of exercise programs.
- 5.3. **Identify come** factors associated with injury TT1 1 -4(s asso)-5(ciated)6(p0.65871 f0.00301 Tc 0 Tw 10.02 0 0 10.02 0

6. Variables Associated with Exercise

The student will:

- 6.1. Examine and describe exercise contraindications.
- 6.2. Describe the neuromuscular effects of stress and relaxation.
- 6.3. Describe the relationship of nutrition to exercise.
- 6.4. Describe the effects associated with physical inactivity.
- 6.5. Describe the musculoskeletal concepts associated with the care of the back.
- 6.6. Identify the motivational factors involved in adhering to an exercise program.
- 6.7. Identify the positive and negative effects of exercise on personal health.
- 6.8. Discuss the effects of exercise on growth and development.
- 6.9. Discuss the effects of exercise with respect to the field of gerontology.