

EASTERN ARIZONA COLLEGE
Beginning Strength and Flexibility Training I
Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 101BB
Title Beginning Strength and Flexibility Training I
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/ 2 Lab

Transfer Status

ASU	NAU	UA
KIN 105, EXW 105	PES Departmental Elective	PE Departmental Elective, PE Activity Credit limit of three units

Activity Course Yes
CIP Code 31.0501
Assessment Mode Portfolio
Semester Taught Upon Request
GE Category AAS degree only
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites

None

Educational Value

For students who can benefit from learning lifetime skills and want to increase their physical fitness level.

Description

Designed to increase both upper and lower body strength and total flexibility using a combination of resistance training and flexibility training.

Supplies

Work out attire

Competencies and Performance Standards

1. Explain the components and benefits of muscular resistance training.

Learning objectives

What you will learn as you master the competency:

- a. Explain the principles of resistance training including intensity, duration, frequency, specificity, overload, and progression.
- b. Explain the components and benefits of isometric training.
- c. Explain the components and benefits of isotonic training which include variable resistance training and free weight training.
- d. Explain the components and benefits of circuit resistance training.

Performance Standards

Competence will be demonstrated:

- o pass an exam with a score of 80%

Criteria - Performance will be satisfactory when:

- o learner explains the principles of resistance training including intensity, duration, frequency, specificity, overload, and progression
- o learner explains the components and benefits of isometric training
- o learner explains the components and benefits of isotonic training which include variable resistance training and free weight training
- o learner explains the components and benefits of circuit resistance training

2. Explain the components and benefits of flexibility training.

Learning objectives

What you will learn as you master the competency:

- a. Identify the factors affecting flexibility including age, gender, level and type of physical activity.
- b. Explain the components and benefits of static, ballistic, and proprioceptive neuromuscular facilitation stretching.

Performance Standards

Competence will be demonstrated:

- o pass an exam with a score of 80%

Criteria - Performance will be satisfactory when:

- o learner identifies the factors affecting flexibility including age, gender, level and type of physical activity
- o learner explains the components and benefits of static, ballistic, and proprioceptive neuromuscular facilitation stretching

Types of Instruction

Classroom Presentation and Demonstration

Grading Information

Grading Rationale

Participation 90%

Portfolio/Exam 10%

Grading Scale

A 90% or above

B 80-89%

C 70-79%

D 60-69%

F 59% or below