

EASTERN ARIZONA COLLEGE

Beginning Body Conditioning I

Course Design
2016-2017

Course Information

Division Health & Physical Education
Course Number HPE 101C
Title Beginning Body Conditioning I
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/ 2 Lab

Transfer Status

ASU	NAU	UA
KIN 102, EXW 105	PES 100	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 assist the student in developing the basic skills and knowledge in body conditioning.

Supplies

Work out attire

Competencies and Performance Standards

1. Explain and demonstrate the components and benefits of aerobic training.

Learning objectives

What you will learn as you master the competency:

- a. Discuss the components and benefits of interval training and develop a conditioning program.
- b. Discuss the components and benefits of long slow distance training and develop a conditioning program.

Performance Standards

Competence will be demonstrated:

- o develop a conditioning program
- o demonstrate a conditioning program

Criteria - Performance will be satisfactory when:

- o learner discusses the components and benefits of interval training and develops a conditioning program
- o learner discusses the components and benefits of long slow distance training and develops a conditioning program

2. Explain and demonstrate the components and benefits of anaerobic training.

Learning objectives.

What you will learn as you master the competency:

- a. Discuss interval training and develop a conditioning program.
- b. Discuss Fartlek training and develop a conditioning program.

Performance Standards

Competence will be demonstrated:

- o develop a conditioning program
- o demonstrate a conditioning program

Criteria - Performance will be satisfactory when:

- o learner discusses interval training and develops a conditioning program
- o learner discusses Fartlek training and develops a conditioning program

3. Explain and demonstrate the components and benefits of power training.

Learning objectives.

What you will learn as you master the competency:

- a. Discuss strength-related power and develop a conditioning program.
- b. Discuss speed-related power and develop a conditioning program.
- c. Discuss plyometrics and develop a conditioning program.

Performance Standards

Competence will be demonstrated:

- o develop a conditioning program
- o demonstrate a conditioning program

Criteria - Performance will be satisfactory when:

- learner discusses strength-related power and develops a conditioning program
- learner discusses speed-related power and develops a conditioning program
- learner discusses plyometrics and develops a conditioning program

4. Explain and demonstrate the components and benefits of skill-related fitness and skill training.

Learning objectives

What you will learn as you master the competency:

- a. Explain the function of agility, coordination, balance, reaction time, speed, and power in skill-related fitness and skill and develop a conditioning program.

Performance Standards

Competence will be demonstrated:

- develop a conditioning program
- demonstrate a conditioning program

Criteria - Performance will be satisfactory when:

- learner explains the function of agility, coordination, balance, reaction time, speed, and power in skill-related fitness and skill and develops a conditioning program

Types of Instruction

Classroom Presentation and Demonstration

Grading Information

Grading Rationale

Participation 90%
Portfolio 10%

Grading Scale

A 90% or above
B 80-89%
C 70-79%
D 60-69%
F 59% or below