EASTERN ARIZONA COLLEGE
Fitness and Sports Medicine I
Course Design
2014-2015

Course Information
Division: Health & Physical Education
Course Number: HPE 140
Title: Fitness and Sports Medicine I
Credits: 1
Developed by: Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab

Transfer Status
<table>
<thead>
<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN Department Elective, EXW Department Elective</td>
<td>Elective Credit</td>
<td>PE Departmental Elective, PE Activity credit limit of three units</td>
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</tbody>
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Activity Course: No
CIP Code: 51.0800
Assessment Mode: Portfolio
Semester Taught: Fall
GE Category: None
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No

Prerequisites
None

Educational Value
This course is designed for the Sports Medicine and Rehabilitative Therapies program. It is also designed to meet the needs of students involved in other Health and Physical Education programs.

Description
This course is designed to allow on-field observations of student athletes’ participation in various fitness and athletic events as associated with Sports Medicine. Identical to HHP 140.

Supplies
None
Competencies and Performance Standards

1. Define the concept of Physical Conditioning

   Learning objectives
   What you will learn as you master the competency:
   a. Define Physical Conditioning
   b. Identify the differences between Physical Conditioning Programs

   Performance Standards
   You will demonstrate your competence:
   o by written journal
   o by in-class participation
   Your performance will be successful when:
   o you define Physical Conditioning
   o you can describe the differences between Physical Conditioning programs

2. Define the concept of Rehabilitation

   Learning objectives
   What you will learn as you master the competency:
   a. Define Rehabilitation
   b. Identify the differences between Rehabilitation programs

   Performance Standards
   You will demonstrate your competence:
   o by written journal
   o by in-class participation
   Your performance will be successful when:
   o you define Rehabilitation
   o you can describe the differences between Rehabilitation programs

3. Define the concept of Movement for Exercise

   Learning objectives
   What you will learn as you master the competency:
   a. Define Movement for Exercise
   b. Identify the differences between Movement for Exercise

   Performance Standards
   You will demonstrate your competence:
   o by written journal
   o by in-class participation
   Your performance will be successful when:
   o you define Movement for Exercise
   o you can describe the differences between Movement for Exercises
Types of Instruction
On-Campus Clinical

Grading Information

Grading Rationale
Portfolio  60%
Participation  40%

Grading Scale
A  90% - 100%
B  80% - 89%
C  70% - 79%
D  60% - 69%
F  Below 60%