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

Course Information

Division Health & Physical Education
Course Number HPE 240
Title Fitness and Sports Medicine III
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab

<table>
<thead>
<tr>
<th>Transfer Status</th>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<tbody>
<tr>
<td></td>
<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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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
HPE 141 or concurrent enrollment in HPE 141

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
Course is designed to allow application of techniques observed by students pursuing the Sports Medicine and Rehabilitative Therapies Certificate. Identical to HHP 240.

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. How to perform Physical Conditioning Activities
   b. Implement 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 can perform Physical Conditioning Activities
   o you can identify and implement the differences between Physical Conditioning programs

2. Define the concept of Rehabilitation
   Learning objectives
   What you will learn as you master the competency:
   a. Perform Rehabilitation techniques
   b. Implement 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 perform Rehabilitation techniques
   o you can identify and implement 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. Assess Movement for Exercise
   b. Implement 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 assess Movement for Exercise
   o you can implement 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%