Course Information

Division: Health & Physical Education
Course Number: HPE 102C
Title: Beginning Body Conditioning II
Credits: 1
Developed by: Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab
Transfer Status: ASU NAU UA

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<th>ASU</th>
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<td>KIN 102, EXW 105</td>
<td>PES 100</td>
<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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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:
  o learner discusses strength-related power and develops a conditioning program
  o learner discusses speed-related power and develops a conditioning program
  o 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:
  o develop a conditioning program
  o demonstrate a conditioning program

Criteria - Performance will be satisfactory when:
  o 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