

# **EFFECTIVE: SEPTEMBER 2004** CURRICULUM GUIDELINES

А.	Division:	Education		Effective Date:		September 2004	
B.	Department / Program Area:	Science and Technology Sport Science	F	Revision	X	New Course	
		Sport Sectore		If Revision, Section(s)		c	
			Γ	Revised: Date of Previous Revisio Date of Current Revision		November 16, 2000 September 2004	
C:	SPSC 1103	D: Conditioning for Sport and Physical Acti			ctivity	E: 3	
	Subject & Cour	ct & Course No. Descripti		e Title Sem		nester Credits	
F:	Calendar Description:						
	This course provides an overview of the concepts of physical fitness. The topic areas include physical fitness assessment, the principle of health-related and skill-related fitness and the effects of exercise. Students will perform a variety of conditioning methods as well as experience the design and application of exercise programs.						
G:	Allocation of Contact Hours to Type of Instruction / Learning Settings		H:	1			
		rimary Methods of Instructional Delivery and/or earning Settings:		none			
	Laster and Duration Anglishing		I:	I: Course Corequisites:			
	<ul> <li>Lecture and Practical Application</li> <li>Number of Contact Hours: (per week / semester for each descriptor)</li> <li>4 hours per week</li> </ul>			none			
			J:	Course for which the	c Cour	so is a Proroquisito	
			ј.	<b>J:</b> Course for which this Course is a Prerequisite			
				none			
	Number of Weeks per Semester:		K:	: Maximum Class Size:			
				35			
L:	PLEASE INDIO	CATE:					
ш.							
	Non-Credi	Non-Credit					

## 3. Exercise Programs

The student will:

- 3.1. Define the warm-up phase and the cool-down phase.
- 3.2. Describe the components and the effects of the warm-up and cool-down phases.
- 3.3. Demonstrate effective warm-up and cool-down procedures.
- 3.4. Examine and describe a variety of classic exercise programs.
- 3.5. Demonstrate a variety of classic exercise programs.
- 3.6. Examine and describe a variety of contemporary exercise programs.
- 3.7. Demonstrate a variety of contemporary exercise programs.

## 4. Physical Fitness Assessment

The student will:

- 4.1. Discuss the role of physical fitness assessment with respect to exercise programs.
- 4.2. Describe the types of physical fitness assessment, including:
  - 4.2.1. field tests
  - 4.2.2. lab tests
  - 4.2.3. lab-like tests
- 4.3. Describe the purpose of physical fitness assessment.
- 4.4. Describe a variety of methods of physical fitness assessment with respect to:
  - 4.4.1. muscular strength
  - 4.4.2. muscular endurance
  - 4.4.3. flexibility
  - 4.4.4. body composition
  - 4.4.5. posture
  - 4.4.6. aerobic capacity
  - 4.4.7. anaerobic capacity
- 4.5. Demonstrate a variety of methods of physical fitness assessment with respect to:
  - 4.5.1. muscular strength
  - 4.5.2. muscular endurance
  - 4.5.3. flexibility
  - 4.5.4. body composition
  - 4.5.5. posture
  - 4.5.6. aerobic capacity
  - 4.5.7. anaerobic capacity

## 5. <u>The Design and Implementation of Exercise Programs</u>

The student will:

- 5.1. Examine and describe factors associated with the design of exercise programs.
- 5.2. Examine and describe factors associated with the monitoring and evaluation of exercise programs.
- 5.3. Identif cohe factors associated with injuryTT1 1 -4(s asso)-5(ciated )6(p0.65871 f0.00301 Tc 0 Tw 10.02 0 0 10.02 (

#### 6. Variables Associated with Exercise

The student will:

- 6.1. Examine and describe exercise contraindications.
- 6.2. Describe the neuromuscular effects of stress and relaxation.
- 6.3. Describe the relationship of nutrition to exercise.
- 6.4. Describe the effects associated with physical inactivity.
- 6.5. Describe the musculoskeletal concepts associated with the care of the back.
- 6.6. Identify the motivational factors involved in adhering to an exercise program.
- 6.7. Identify the positive and negative effects of exercise on personal health.
- 6.8. Discuss the effects of exercise on growth and development.
- 6.9. Discuss the effects of exercise with respect to the field of gerontology.