

**Northern Marianas College**  
**CURRICULUM ACTION REQUEST**

**Effective Semester / Session:** Spring 2012

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

**Course Alpha and Number:** PE 140

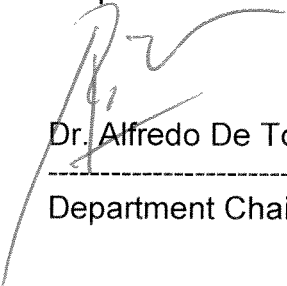
**Course Title:** Physical Fitness

**Reason for initiating, revising, or canceling:**

This course guide is being modified to reflect the change in the departmental name, update the course guide in general so to meet the required 3 year update.

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Lisa A. Lunde  12/12/2011

Proposer \_\_\_\_\_ Date

  
Dr. Alfredo De Torres

12/12/2011

Department Chair \_\_\_\_\_ Date

Barbara Merfalen 

12.13.11

Dean of Academic Programs and Services \_\_\_\_\_ Date

# Northern Marianas College

## Course Guide

Course: PE 140 Physical Fitness

### 1. Department

Science, Mathematics, Health, and Athletics

### 2. Purpose

PE 140 is designed to give individuals who are motivated to being physical fit an understanding of the importance of healthy lifestyle choices, good nutritional habits, and planned physical activity in one's daily life.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

None

#### B. Contact Hours

1. **Lecture:** 30 hours per semester (fitness)
2. **Lab:**
3. **Other:**

#### C. Credits

1. **Number:** 1
2. **Type:** Regular Degree Credit

#### D. Catalogue Course Description

The course content emphasizes physical fitness development, especially cardiovascular fitness, flexibility, body mass composition and muscular strength and endurance. Information on proper nutritional habits is also presented. Students are introduced to basic principles of beginning weight training, stretching, and aerobic fitness activities. Individual needs and fitness programming are evaluated by a physical fitness test at the beginning and the end of the course.

English Placement Level: 073/074 (Offered Fall and Spring)

#### E. Degree or Certificate Requirements Met by Course

A passing grade in this class will fulfill the Physical Education requirement under General Education requirement for an Associates Degree in Liberal Arts.

#### F. Course Activities and Design

There will be classroom and lab activities (all based in the gym however). Class type activities will include lectures and videotapes on weight training skills, fundamentals and strategies for maintaining a

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physically fit life, and health related subjects, such as nutrition, stretching, proper warm up and cool down exercises. Lab activities entail various weight training skills and aerobic activities such as running, jogging, walking, stretching, various exercise stations as well as a physical fitness test.

#### 4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)

Prerequisites: None

Concurrent Course Enrollment: None

English Placement Level: EN 073/074 or instructor approval

Mathematics Placement Level: None

#### 5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1 credit course and student flat fee.

Cost to the College: \*\*Instructor's Salary (2 credits)

\*\*1 credit for student, however 2 credits for instructor as instructor is physically "teaching" 2 hours per week (30 hours per semester) in addition to the other responsibilities that go along with teaching a course (office hours, preparation, etc.) and per teaching load it is 1 credit for every 15 hours taught.

Instructional resources needed for this course include: 5 – 10 pound free weights, general gym equipment (cones, jump ropes, mats etc.). Stopwatch, scale, white board and markers, taped materials (VHS or DVD) and a VCR or DVD player.

#### 6. Method of Evaluation

Students' grades will be based on the regular letter grade system as described below:

A: Excellent – grade points: 4.0;

B: Above average – grade points: 3.0;

C: Average – grade points: 2.0;

D: Below average – grade points: 1.0;

F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

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### 7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

#### 1.0 Introduction

- 1.1 Components of fitness
- 1.2 Principles of exercise
- 1.3 Physical training program
- 1.4 Phases of fitness
- 1.5 Special fitness programs
- 1.6 Standards

#### 2.0 Aerobics and Running, Jogging, Walking, Swimming, and Biking

- 2.1 Basic principles
- 2.2 Physiology of aerobic fitness
- 2.3 Types of aerobic exercise
- 2.4 Types of anaerobic exercise
- 2.5 Ability groups
- 2.6 Alternate aerobic exercises
- 2.7 F.I.T.T.
  - 2.7.1 Frequency
  - 2.7.2 Intensity
  - 2.7.3 Time
  - 2.7.4 Type

#### 3.0 Flexibility

- 3.1 Stretching exercises
- 3.2 Warm-up
- 3.3 Cool-down

#### 4.0 Muscular Strength and Endurance

- 4.1 The muscle groups
- 4.2 Principles of muscular strength and endurance training
- 4.3 Exercise programs
- 4.4 Training with free weights
- 4.5 Training with exercise machines
- 4.6 Key points to emphasize

#### 5.0 A Diet For Good Health and Fitness

- 5.1 The major nutrients
- 5.2 The basis for meal planning

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- 5.3 Healthier eating
- 5.4 Body composition
- 5.5 Weight control program
- 5.6 Basic principles of weight management
- 5.7 Diet versus exercise
  
- 6.0 Environmental Considerations
  - 6.1 Environmental effects on physical performance
  - 6.2 Adjustment periods
  - 6.3 Climate factors
  
- 7.0 Injuries from Exercises
  - 7.1 Types of injuries associated with exercise
  - 7.2 Injuries by activity
  - 7.3 Prevention of injuries
  - 7.4 Caring for injuries
  
- 8.0 Physical Fitness Tests
  - 8.1 Methods of evaluation
  - 8.2 The physical fitness test
    - 8.2.1 Push-ups – shoulder girdle area
    - 8.2.2 Sit-ups – abdominal area
    - 8.2.3 1-mile run – cardiovascular endurance
    - 8.2.4 Sit and reach - flexibility
    - 8.2.5 Jump and reach/standing long jump - power
    - 8.2.6 40-yard dash - speed
  - 8.3 Calculation of target heart rate and resting heart rate
  - 8.4 Physiological differences between sexes
  - 8.5 Physical fitness standards

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## 8. Instructional Goals

This course will introduce students to:

- 1.0 The components of health-related physical fitness;
- 2.0 Conditioning activities;
- 3.0 Increased cardiovascular and muscular-skeletal fitness;
- 4.0 Individual target heart rate;
- 5.0 Cardiovascular endurance, muscular endurance and muscular strength;
- 6.0 A positive self-image through participation;
- 7.0 The techniques and ingredients of safely developing muscular strength and cardiovascular endurance;
- 8.0 Proper form and technique in aerobic activities;
- 9.0 The difference between aerobic and anaerobic exercises;
- 10.0 Target heart rate;
- 11.0 The guidelines regarding frequency, intensity, type, and time of aerobic exercise;
- 12.0 The various elements of aerobic dance programs (variances in impact, intensity levels, styles, etc.) to develop an appropriate personal exercise program;
- 13.0 The various parts of a physical fitness test;
- 14.0 The components of a balanced diet, number of recommended servings and meals per day; and
- 15.0 Recommended food and nutrition guidelines for maintaining proper weight, losing weight and strengthening and/or toning muscles.

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## 9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Identify the components of health-related physical fitness;
- 2.0 Perform selected conditioning exercises;
- 3.0 Show evidence of increased cardiovascular and muscular-skeletal fitness;
- 4.0 Demonstrate ability to monitor individual target heart rate;
- 5.0 Describe concepts and specific processes for increasing cardiovascular endurance, muscular endurance, and muscular strength;
- 6.0 Acquire a positive self-image through participation;
- 7.0 Identify the techniques and ingredients of safely developing muscular strength and cardiovascular endurance;
- 8.0 Demonstrate proper form and technique in aerobic activities;
- 9.0 Explain the difference between aerobic and anaerobic exercises;
- 10.0 Calculate target heart rate;
- 11.0 Define and recognize the guidelines regarding frequency, intensity, type, and time of aerobic exercise;
- 12.0 Recognize the various elements of aerobic dance programs (variances in impact, intensity levels, styles, etc.) to develop an appropriate personal exercise program;
- 13.0 Perform the various parts of a physical fitness test;
- 14.0 Define the components of a balanced diet, number of recommended servings and meals per day; and
- 15.0 Identify recommended food and nutrition guidelines for maintaining proper weight, losing weight, and strengthening/or toning muscles.

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## 10. Assessment Measures

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Completion of work-out journal;
- 2.0 Physical Fitness Test performance (initial and post) (distance covered and time);
- 3.0 Participation in daily work-outs; and
- 4.0 Attendance