

DEREE COLLEGE SYLLABUS FOR:

PE 1018 FITNESS ALTERNATIVES
(Spring 2009)

0/2/1

PREREQUISITES: None

CATALOG

DESCRIPTION: A combination of seven fitness activities (Power Pilates, Strength Training, Walking & Jogging, Power Lifting, Water Fitness, Yoga, and Latin Dance) designed for the novice through elite athlete with instruction on proper techniques, personal assessment, program design, motivation, precautions, contraindications, and injury prevention and treatment. This is one of three classes designed to give students an opportunity to experience some of the opportunities in fitness & sports available at the college. *Graded on a P/F basis.*

RATIONALE: Healthy body to house a fit mind. Provide a variety of popular fitness activities available on campus and throughout the community and to encourage healthy life styles through participation in life long fitness activity. These activities will be provided in a format familiar and intriguing to students. The students will learn the correct and safe way to exercise and fitness.

OBJECTIVES:

- Learn how to obtain, synthesize, and implement information on fitness programs.
- Be able to demonstrate proper fitness techniques
- Demonstrate knowledge and affinity to safety
- Identify personal contraindications to specific exercises or movements
- Demonstrate an understanding of proper techniques and program design
- Make personal fitness assessments and design a rudimentary fitness program
- Encourage use of the colleges facilities and programs

**LEARNING
ACTIVITIES:**

- Lecture and demonstrations
- Guided practices
- Self & other evaluations
- Instructor counseling
- Quizzes & tests

EVALUATION: Graded on a P/F basis based on participation and conduct.

**REQUIRED
MATERIAL:**

Appropriate work-out attire for each activity

**CONTENT
OUTLINE:**

General orientation

For each activity in turn (repeated seven times once for each activity)

- Specific activity orientation
- Contraindications and precautions
- Proper techniques
- Program design
- Injury prevention
- Care for minor injuries
- Unit evaluation

General review & evaluation