

HPE 128 Lifetime Fitness

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Office Hours: M/W 1:00-3:00, T/R 1:00-2:00

Course Description

HPE* K128

3 CREDIT HOURS LIFETIME FITNESS This course is designed to evaluate the 5 components of physical fitness. A physical fitness pretest will be conducted on each student and an individualized exercise program will be developed and implemented. Information involving nutrition, fitness and lifestyle will be presented so to educate the student to the aspects of lifetime fitness. Each student is required to take a physical fitness post test. A goal of the course will be to achieve a fitness level equal to or exceeding levels required by the Connecticut Police Officers Standards and Training Council Fitness Test Standard

Course Objectives

1. The student will understand the importance of lifetime fitness and wellness.
2. The student will learn to assess disease risk.
3. The student will learn the benefits and advantages of selected aerobic activity.
4. The student will be able to define nutrition and describe its relationship to health and wellbeing
5. The student will recognize the role of lifetime exercise program in a successful weight management program.
6. The student will define the role of physical exercise in reducing stress
7. The student will be able to explain the importance of adequate muscular strength levels in maintaining good health and well-being.
8. The student will understand the principles of overload and specificity of training for strength development.
9. The student will be able to explain health-fitness benefits of stretching.
10. The student will learn everyday lifestyle strategies that you can use immediately to decrease overall cancer risk.
11. The student will be able to explain the importance of a healthy lifestyle in preventing cardiovascular disease.

12. The student will explain the role of stress in maintaining health and optimal performance.

Instructional Material

Total Fitness & Wellness Brief Edition Pkg w/ Myfitnesslab Edition: 4th

Academic Misconduct

The instructor has primary responsibility for control over classroom behavior and maintenance of academic integrity, and can request the temporary removal or exclusion from the classroom of any student engaging in conduct that violates the general rules and regulations of the institution. Extended or permanent exclusion from lecture or laboratory activities or further disciplinary action can only be effected through appropriate procedures of the institution.

Plagiarism, cheating on quizzes or tests, or any form of academic dishonesty is strictly prohibited. Students guilty of academic dishonesty directly or indirectly will receive a zero for the exercise, quiz or test and may receive an "F" grade for the course in addition to other possible disciplinary sanctions which may be imposed through the regular institutional procedures. Any student that believes that he or she has been erroneously accused may appeal the case through the appropriate institutional procedures if their grade was affected.

Revisions to the Syllabus

Students are responsible for learning all of the objectives and all of the items in the course outline whether they are discussed in lecture, and/or lab or not. The instructor reserves the right to revise the objectives, topic outline, or academic schedule contained in the syllabus without notice. However, if the revisions affect scheduled unit tests, a 48-hour notice will be given for the new test date.

Technology

Cellular phones and beepers are only allowed in class or lab if they are turned off or in silent mode. Under no circumstances are phones to be answered in class. When there are extenuating circumstances that require that a student be available by phone or beeper, that student must speak to the instructor prior to class, so that together they can arrive at an agreement.

Disability Statement

If you have a disability that may affect your progress in this course, please meet with a Disability Service Provider (DSP) as soon as possible. You can make an appointment with a DSP by calling (860) 383-5217. Please note: 1.) For academic adjustments, you will have to provide documentation of your disability to the DSP. 2.) Instructors cannot provide adjustments until you have delivered written authorization (from a DSP) to the instructor. 3.) Adjustments take effect when you deliver your written authorization to the instructor in person (provided there is adequate time for the instructor to make necessary arrangements). 4.) Adjustments do not apply to tests/assignments that were due prior to

your delivering written authorization to your instructor in person.

Grade Determination

Exams: 3 exams

Homework

Quizes

The grading in this course is determined by the 1000 Point Grading Method. Please see My Grades in Blackboard to follow your academic performance during the semester.

Participation Journal

Letter Grade	Point Ranges	Grade Point Value
A	950 - 1000	4.000
A-	900 - 949	3.667
B+	890 - 899	3.333
B	810 - 889	3.000
B-	800 - 809	2.667
C+	790 - 799	2.333
C	710 - 789	2.000
C-	700 - 709	1.667
D+	690 - 699	1.333
D	610 - 679	1.000
D-	600 - 609	0.667
F	0 - 599	0.000

Digication Statement

As a student you will maintain an online learning portfolio using a college-designed template in Digication. Through this electronic tool you will have the opportunity to monitor your own growth in college-wide learning. It may even help you determine a major that is best suited to you. You will be able to keep and maintain your learning portfolio after graduation. A Three Rivers General Education Assessment Team will select and review random works to improve the college experience for all. If your work is selected and reviewed for assessment purposes, it will remain anonymous and private. Digication provides a “place” where you will connect your learning from the classroom, college, and life in general. Sometimes when you review all of the work you have done and think about it, you end up learning something different and perhaps unexpected. Please review your course outlines to determine what assignments to upload into the TRCC Digication template and please post your own choices, as well. Have fun in learning!

