

## HPE\*K105 Introduction to Fitness and Training

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M,W 10:00-12

### Course Description:

An introduction to the profession of Fitness Training, and the five components of physical fitness, as it relates human anatomy and physiology, exercise, and nutrition to fitness and its effects on the body.

Prerequisite: ENG\*K101 eligibility

### Course Objectives

1. The student will gain an understanding of the concepts of safe and effective exercise.
2. The student will demonstrate knowledge of the contribution of energy systems to activity.
3. The student will be able to show basic understanding of how muscles relate to movement and the importance of joint stability during movement.
4. The student will understand the value of pre-screening/testing in the exercise environment.
5. The student will be able to demonstrate leadership, motivation and the role of the leader in a fitness setting.
6. The student will have the ability to determine target populations and further understand the needs and options of a variety of participants.

### Instructional Materials

ACSM's Resources for the Personal Trainer 3<sup>rd</sup> ed.

## 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 engaged 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.

## MAKE-UP WORK

Any assignment can be obtained from the instructor. Unit tests can only be made up by special arrangement with the instructor. Make-up tests will be granted on an individual basis only following a conference with the instructor; where the reason(s) for missing the test must be determined mitigating circumstances beyond the control of the student such as, illness, death in the family, or change in condition of employment. If two tests are missing during the semester and/or if the final exam is missed the student will receive an “F” grade if he or she is failing other parts of the course or an “I” if the student is passing all other parts of the course.

## 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 this syllabus without notice. However, if the revisions affect scheduled unit tests a 48-hour notice will be given for the new test date.

#### CELLULAR PHONES AND/OR BEEPERS

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.

#### SPECIAL NOTICE

If you have a visible or hidden disability which may require classroom, lab and/or test-taking modifications, please see me as soon as possible. If you have not registered with Chris Scarborough, learning specialist or a counselor in the Student Services Development Center, you must do so early in the semester.

#### Inclement Weather

If the class needs to be cancelled for any reason, I will email you prior to class.

#### Grade Determination:

3 short essay exams	100 points each
Homework	20 points each
5 labs	50 points each

## Grade Scale:

100-93.5=A

93.49-90.00=A-

89.99-87.50=B+

87.49-84.50=B

84.49-79.50=B-

79.49-77.50=C+

77.49-73.50=C

72.49-69.50=C-

69.49-63.50=D+

63.49-59.50=D

59.49 or less= F

## Course Outline:

1/20 Intro to Course: What is Exercise Science & Fitness Leadership

1/25 Components of Fitness

1/27 Health Screenings and Clearance

2/1 Structures and function of the Cardiovascular System

2/8 Structures and Functions of the CV System Continued

2/10 Cardio Training Techniques

2/15 Exam 1

2/17 Skeletal System and Joint Movement

2/22 Skeletal System and Joint Movement cont

2/24 Structures and Function of the Skeletal Muscle

3/1 Structures and Function of the Skeletal Muscle Continued

3/3 Types of Resistance Training

3/8 Muscles and Movers Upper Body

3/10 Muscles and Movers upper Body continued

3/22 Muscles and movers of Lower body

3/24 Muscles and Movers of lower Body continued

3/29 exam 2

3/31 Basic Exercises

4/5 Torque and Lever System

4/7 basic energy systems

4/12 basic energy systems continued

4/14 Flexibility, Warm-up & Cool down

4/19 Core/Abs, kinetic Chain

4/21 low back, posture care & the spine

4/26 Leadership and Motivation

4/28 Leadership and Motivation

5/3 Certification Options, Organizations, and Career Opportunities

5/5 make up

5/10 make up or exam 3

