

## **Syllabus**

### **HPE K105 Introduction to Fitness and Training**

**Three Rivers Community College**

**Norwich, Ct. 06360**

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**Office hours: MWF 10:00-11:00**

**T Th 1:00-2:00**

**\*\*\*\* 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.

**Course: HPE K105**

**Credits: 3**

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

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.

#### Class Attendance Policy:

Attendance at all class lectures and activities is required. Absences are counted from the first meeting of class. More than four consecutive or more than six accumulative absences could result in a student receiving an "F" grade in this course. An explanation of the cause of all absences should be given to the instructor.

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 a “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.

Grading:

There will be 4 exams given throughout the semester. Class projects, homework and class participation grade will be given.

## Grade Determination

$\frac{1}{2}$  of the exam average,  $\frac{1}{4}$  of homework and class participation,  $\frac{1}{4}$  final exam

$$\text{Example: (3 exam average) } \frac{1}{2} (82) = 41$$

$$\text{(Homework, class participation) } \frac{1}{4} (92) = 23$$

$$\text{(Final exam) } \frac{1}{4} (96) = 24$$

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92

## 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 – 00.00 = F

### **Make-ups:**

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 laboratory or not. The instructor reserves the right to revise the objectives,

topical 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.

### **Course Outcomes:**

1. The student will understand the gain an understanding of the employment opportunities in the Health and Wellness field.
2. The student will gain a basic understanding of the anatomy, kinesiology, nutrition, exercise physiology and biomechanics of human movement.

3. The student will gain an appreciation for the client relationship, coaching methods, and motivation needed to succeed in the field.
4. The student will have knowledge and appreciation for the need for fitness screenings and assessments.
5. The student will have a basic knowledge of program design.

### \*\*\*College's Withdrawal Policy\*\*\*

Any student who finds it necessary to discontinue this course MUST complete a withdrawal form in the Registrar's Office at the time of the withdrawal. If you cannot withdraw in person you may call the Registrar's Office and provide them with the appropriate information. Students may withdraw from the course anytime during the first 14 weeks of class, without written authorization from the instructor or their academic advisor. Once you withdraw from class you are no longer eligible to continue attending class and/or take any remaining quizzes or tests. Students who do not withdraw, but stop attending will be assigned an "F"



grade in this course. Verbal withdraws cannot be accepted.