

COURSE OUTLINE

HEED-100

Introduction to Lifetime Fitness

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with the principles and methods necessary to maintaining personal fitness and health. The concept of wellness, and the roles of physical fitness, nutrition, weight management, and stress play in personal wellness development are examined. Participation in labs, classroom activities, and take-home assignments will assist the student in evaluating their personal fitness levels as well as developing a strategy for improvement. (1 hour weekly)

A liberal education prepares students to lead ethical, productive, and creative lives and to understand how the pursuit of lifelong learning and critical thinking fosters good citizenship. General education courses form the core of a liberal education within the higher education curriculum and provide a coherent intellectual experience for all students by introducing the fundamental concepts and methods of inquiry in the areas of mathematics, the physical and natural sciences, the social sciences, the arts and the humanities, and composition. This course is part of the general education core experience at Howard Community College.

Overall Objectives

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

1. Develop a definition of the components of wellness and physical fitness.
2. Demonstrate the principles and concepts involved in fitness and exercise by developing a personal fitness program.
3. Analyze fitness and health assessments, including blood pressure, body composition, flexibility, cardiovascular endurance, and muscular fitness.
4. Analyze one's level of fitness using various fitness assessments.
5. Summarize the factors that limit fitness development and maintenance.
6. Describe the benefits gained from participation in various fitness development activities.
7. Design a strategy for personal fitness development.

Major Topics

1. Foundations of Physical Fitness and Exercise
2. Health Related Physical Fitness
3. Skills Related Physical Fitness

4. Special Exercise Consideration
5. Healthy Lifestyles
6. Planning for Lifetime Fitness and Healthy Living

Course Requirements

Grading/exams: Trading procedures will be determined by the individual faculty member; to include, but not limited to, attendance, mid-term, final exam and written project.

Writing: Specific writing assignments will be determined by the individual faculty member; to include, but not limited to, a 3-5 page formal written document on a designed fitness topic.

Other Course Information

This course is an Interdisciplinary and Emerging Issues core course.