

COURSE OUTLINE

LFIT-122
StrengthFit
1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with the opportunity to improve overall muscle strength, endurance, and tone. Students will learn how to develop and maintain a personal strengthening and conditioning program using basic fitness apparatus. This course will emphasize the use of various fitness apparatus including inflatable balls, medicine balls, weighted bars, resistance tubing, and hand weights. No traditional weight machines will be used. (2 hours weekly)

Overall Course Objectives

Upon completion of the course the student will be able to:

1. Demonstrate an appreciation for fitness development by participating in activities designed to develop, improve, and maintain one's muscular strength, endurance, and tone.
2. Explain the safety principles involved with exercise and fitness activities.
3. Identify the components of physical fitness.
4. Develop a plan to incorporate a strength and conditioning program into the student's lifestyle.
5. Describe the benefits of strength and conditioning for all persons.
6. Demonstrate the concepts and principles of fitness development through participation in class sessions.
7. Demonstrate the various aspects of strength and conditioning exercises.

Major Topics

1. Components of physical fitness
2. Safety principles and practices
3. Use of strengthening and conditioning apparatus
4. Personal program development

Course Requirements

Grading and course requirements will be in the following areas:

1. Written quizzes
2. Practical demonstration.
3. Class participation

Other Course Information

StrengthFit is an elective.