

COURSE OUTLINE

LFIT-124

Conditioning

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to help students develop an understanding of conditioning techniques through weight training and endurance training. Students will be exposed to exercise bikes, the universal gym and jogging techniques. Specific exercises will be recommended for the development of a personal conditioning program.

Overall Course Objectives

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

1. Demonstrate an appreciation for conditioning by participating in activities designed to develop, improve, and maintain one's fitness.
2. Explain the safety principles involved with exercise and fitness activities.
3. Identify the components of physical fitness.
4. Identify limiting conditions which adversely affect fitness.
5. Describe various activities, sports, etc. that can be used to develop and maintain one's fitness.
6. Design a personal fitness enhancing/conditioning program.

Major Topics

1. Safety practices in training.
2. Conditioning and exercise principles.
3. Activities used to develop fitness.

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but include the following.

Attendance
Participation
Written Tests
Paper

Writing:

A four-page paper is included in the grading requirement.