

Hagerstown Community College

MASTER SYLLABUS

COURSE: PED 230 Concepts of Exercise Programming

DATE: Fall 2016

INSTRUCTOR:

COURSE DESCRIPTION:

This course will offer students the opportunity to become more familiar with physical activity, health and fitness. Students will be able to master skills in identifying a healthy lifestyle vs. unhealthy lifestyle. Students will examine in detail how to identify risk factors, perform exercise assessments, and learn how to develop an exercise prescription in order to assist someone in achieving a healthier lifestyle. Students will also learn safe and effective exercises, in addition to diet and behavior modification, as methods to assist individuals with the desire to make life-altering modifications.

TEXTBOOK:

STUDENT LEARNING OUTCOMES:

1. Describe the different aspects of achieving a healthier lifestyle through exercise and nutrition.
2. Identify special populations; learn the contraindications and how to adapt them by forming a safe and effective exercise program.
3. Examine the best methods for helping a client achieve fitness goals, via different exercises modalities and behavior modification.

TOTAL HOURS OF COURSEWORK:

To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty minute “academic “hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit. For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour in-class coursework.

Academic Integrity: The HCC Student Code of Conduct is published in the College Guide: A Handbook Planner for Students and may be obtained in the Student Activities Office. The Code of Conduct includes principles, rights, and prohibited conduct related to academic integrity and due process.

Services for Students with Special Needs: Students who have special needs are encouraged to identify themselves to the Coordinator of Disability Services as early as possible. Reasonable accommodations based on current documentation are provided to qualified students.

MINIMUM CLOCK HOURS REQUIRED FOR THIS COURSE

	DIRECT Faculty Instruction In-class 37.5 h required	Student Work Out of Classroom 75 h required
In-class "lecture"	37.5 h	
Reading chapters		15 hours
Quiz/activity for each chapter	Included in lecture time	25 hours including prep
Homework and Labs	Included in lecture time	10 hours
Facility Evaluation		5 hours
Case Study		15 hours
2 Lecture Exams	Included in lecture time	15 hours prep
Total Hours	37.5 hours	85 hours