

COURSE TITLE AND NUMBER: PE 116 Physical Conditioning

North Central
Michigan College

LAST DATE REVISED: 9/23/02

DIVISION/AREA: Sciences, Health and Human Services

DEPARTMENT: Health

DIVISION DIRECTOR: Polly Flippo

ORIGINATOR: Polly Flippo

DEAN OF INSTRUCTION: Timothy Dykstra, PhD

TOTAL HOURS OF INSTRUCTION: 1.0 LECTURE: LAB: 0-2 TOTAL CONTACT HOURS: 35.2

COURSE NUMBER: PE 116

CREDIT HOURS: 1.0

COURSE TITLE: Physical Conditioning

TRANSFERABLE YES: NO: TO:

PREREQUISITE(S)/COREQUISITE(S)/ADVISORY:

None

CATALOG DESCRIPTION:

Introductory course for new students. Designed to improve total fitness via an aerobic-based conditioning program. Will include an individual fitness evaluation and a prescribed program using various pieces of training equipment and activities to include a resistance circuit and additional recommended bodywork. Students must attend an orientation session before starting class. Following the scheduled orientation session, students will meet course requirements through an open schedule.

GENERAL EDUCATION OUTCOMES:

The purpose of General Education requirements in our degree programs is to enable students to develop their ability to reason, to communicate effectively in both oral and written form, and to acquire sufficient knowledge of their heritage to participate fully in society and the world.

COURSE OBJECTIVES & OUTCOMES:

See Resource Center Manual

METHODS OF INSTRUCTION:

Orientation/ Self-based exercise conditioning program

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METHODS OF EVALUATION:

Self-evaluation/fitness test at end of course

REQUIRED TEXTS:

Resource Center Manual-North Central Michigan College Copyright 2000 by Roland Ryan

OPTIONAL SUPPLEMENTARY MATERIALS:

Reasonable accommodations may be provided for students with documented physical, sensory, cognitive, systemic, and/or psychiatric disabilities. Please contact the Education Opportunity Program (EOP) at (231) 348-6687 to arrange services for this course.

TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:

Week 1	Orientation
Week 2 – 15	Self-paced physical conditioning
Week 16	Evaluation

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APPROVED FOR ADOPTION BY THE CRD/AP COMMITTEE ON 9/25/02