

COURSE TITLE AND NUMBER: PE 216 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 216

CREDIT HOURS: 1.0

COURSE TITLE: Physical Conditioning II

TRANSFERABLE YES: NO: TO:

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

PE 116

CATALOG DESCRIPTION:

Continuation of PE 116 for returning students. Students will meet course requirements through an open schedule. May be repeated. (Note: PE 216 is for students who have already taken PE 116. New students should take PE116).

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