



# Course Outcome Summary

**Standard Course**

## **HPE 167 Physical Fitness**

### **Course Information**

<b>Division</b>	<b>Health Sciences</b>
<b>Contact Hours</b>	<b>2</b>
<b>Theory</b>	<b>2</b>
<b>Lab Hours</b>	<b>30</b>
<b>Total Credits</b>	<b>1</b>

**Prerequisites** ENGL 090 and RDG 090 or qualifying scores on accepted placement tests

### **Course Description**

Course content for physical fitness activities will include: selection of clothing, equipment, terminology, basic fundamental skills, and safety. Written and/or skills tests are a part of each course. The purpose of this course is to provide students an opportunity to learn fitness skills and the knowledge and understanding of concepts related to those skills. Students will benefit from today's emphasis on lifetime individual sport and recreational activities while receiving one hour elective credit for either their associate's degree or for personal enjoyment. This course is also transferable to many four-year institutions as a P.E. credit for those students seeking a baccalaureate degree.

### **Course Outcomes**

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
  - a. the four major components of physical fitness
  - b. the relationship between exercise and fitness
  - c. the basic principles of exercise
  - d. the human body, its structure, functions, capabilities, and limitations in relation to exercise
  - e. basic nutrition needs for exercise and weight management
  - f. terms and definitions related to exercise and fitness.
2. Demonstrate/Practice:
  - a. prompt and regular attendance
  - b. safety rules at all times
  - c. a personalized conditioning program that is to meet the needs of the student
  - d. the selection and establishment of challenging yet reachable semester ending goals through pre- and post-evaluation of fitness ability
  - e. ability to assess and demonstrate measurable improvement in the four major components of fitness
3. Believe/Feel/Think:
  - a. that through pre- and post-evaluation, the student's attitude will be evaluated relating to physical fitness
  - b. the positive benefits exercise has on one's health
  - c. a positive attitude and high energy level are essential for success