HPER 032: Personal Physical Fitness

Rick Vander Berg

Dordt College

Follow this and additional works at: https://digitalcollections.dordt.edu/spring2000

Part of the Health and Physical Education Commons

Recommended Citation


This Syllabi is brought to you for free and open access by the 2000 at Digital Collections @ Dordt. It has been accepted for inclusion in Spring 2000 by an authorized administrator of Digital Collections @ Dordt. For more information, please contact ingrid.mulder@dordt.edu.
I. **Course Title**

HPER 032 Personal Physical Fitness

II. **Course Description**

the course provides instruction in development and maintenance of personal physical fitness.

III. **Course Objectives**

A. The student will be able to measure and evaluate percentage of body fat.
B. The students will know their physical condition in the areas of strength, endurance, and cardiovascular fitness.
C. The student will be able to develop a personal exercise program.
D. The student will understand the importance of a regular exercise program.
E. The student will understand the methods of aerobic training.

IV. **Course Outline**

A. Two times the semester (1st, 7th week) test are performed.
   1. Percentage body fat
   2. Weight
   3. Evaluation of actual weight and goal weight
   4. 12 minute run-walk
B. Tests are given for muscular strength and endurance in the 1st and 2nd week.
C. Aerobic training is done throughout the semester.
D. Calisthenics are done throughout the semester.
E. Points are recorded by students on an aerobic points system throughout the semester.

V. **Method of Instruction**

The instruction takes place in a laboratory situation, while the student is evaluating or exercising.

VI. **Major Assignments and Evaluation**

The student must set up a physical fitness program and record their exercise in that program. That is also the evaluation of the course.

VII. **Textbook**

No text is required.