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## HPER 032: Personal Physical Fitness

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**COURSE SYLLABUS  
DORDT COLLEGE**

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.