



## **I. Course Overview:**

Upon successful completion of this course, the students should be able to discuss fitness components and principles, develop, advise and apply a personal fitness program, and improve aerobic, strength, and flexibility fitness.

## **II. Units:**

### **Unit 1. Pre-Course Fitness Analysis**

#### General Outcome:

- 1.0 The students should be able to discuss the degree of fitness present in his/her body prior to class workouts.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Identify his/her entry level of fitness in aerobics, strength, and flexibility by means of diagnostic tests.
- 1.2 Identify his/her percent of body fat.
- 1.3 Identify his/her body measurements, height, and weight.

## Unit 2. Review of Fitness Components and Principles

### General Outcome:

2.0 The students should be able to review and discuss aerobics, muscular strength/endurance, and flexibility as components of fitness.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 2.1 Explain aerobics as a component of fitness.
- 2.2 Explain muscular strength/endurance as a component of fitness.
- 2.3 Explain flexibility as a component of fitness.

### Unit 3. Review of Fitness Principles

#### General Outcome:

3.0 The students should be able to review and discuss fitness principles pertaining to aerobic, strength and flexibility exercise.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 3.1 Explain the frequency of exercising for aerobic, strength and flexibility fitness.
- 3.2 Explain the intensity of exercising for aerobic, strength and flexibility fitness, including the overload principle.
- 3.3 Identify his/her training zone for aerobic exercise.
- 3.4 Explain the duration of aerobic, strength and flexibility exercise.
- 3.5 Discuss the specificity principle and how the different types of exercise will vary in frequency, intensity and duration.

**Unit 4. Development/Revision of Personal Fitness Program**

General Outcome:

4.0 The students should be able to develop or revise a personal fitness program.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

4.1 Select the type of aerobic, strength, and flexibility exercises he/she prefers to include in a personal exercise program.

4.2 Develop or revise a personal exercise program including aerobic, strength and flexibility exercises.

**Unit 5. Application of Personal Fitness Program.**

General Outcome:

5.0 The students should be able to participate in a personal fitness program.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

5.1 Participate in a personal fitness program involving a variety of exercises to develop strength, aerobic fitness and flexibility.

5.2 Apply the overload principle to revise his/her program in order to improve his/her level of fitness.

## Unit 6. Post-Course Fitness Analysis

### General Outcome:

6.0 The students should be able to discuss the degree of fitness improvement in his/her body after completion of class workouts.

### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

6.1 Identify his/her exit level of fitness in aerobics, strength, and flexibility by means of diagnostic tests.

6.2 Identify his/her percent of body fat.

6.3 Identify his/her body measurements, height, and weight.

6.4 Identify his/her fitness improvement by comparing pre and post-test results.