

CASPER COLLEGE COURSE SYLLABUS

**PEAC 1020 N1** - Fitness Training

**Semester/Year:** Fall, 2015

**Lecture Hours:** 0

**Lab Hours:** 2

**Credit Hours:** 1

**Class Time:** Online (Moodle)

**Days:** N/A

**Room:** Online (Moodle)

**Instructor's Name:** Michael Moline, MS, ATC

**Instructor's Contact**

**Information:** During summer sessions, email is the best way to reach the instructor

**Office Phone:** 268-2259

**Email:**

mmoline@caspercollege.edu

**Office Hours:** M, W: 8:00 am - 9:00 am  
M, W, F: 10:00 am- 11:00 am

**Course Description:** Internet course for students pursuing an online degree designed to instruct participants in how to set up and participate in a weight training and conditioning program.

**Statement of Prerequisites:** None

**Goal:** For students to make physical fitness gains through organizing and participating in a fitness program.

**Outcomes:**

1. Demonstrate effective oral and written communication
2. Appreciate aesthetic and creative activities
3. Use appropriate technology and information to conduct research
4. Describe the value of personal, civic, and social responsibilities
5. Use quantitative analytical skills to evaluate and process numerical data

**Course Objectives:** Upon completion of this course, the student will be able to:

1. Know how to set weight training and conditioning goals
2. Know how to set up an exercise program designed to attain desired goals
3. Make physical gains in muscular strength and endurance, flexibility, balance cardiovascular endurance and body composition via participation
4. Understand basic nutritional guidelines
5. Understand the basic anatomical structures and functions associated with specific exercises

**Methodology:** Online notes, readings, discussion and participation

<b>Evaluation Criteria:</b>	<u>Approximate Points:</u>
Quizzes	100 pts
Assignments/ Participation	225 pts
Final Exam	75 pts
<u>Online Discussions</u>	<u>100 pts</u>
<b>Total points</b>	<b>500 pts</b>

**Percentage of total points:**

90% and above	= A
80%-89%	= B
70%-79%	= C
60%-69%	= D
Below 60%	= F

**Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.**

**Required Text, Readings, and Materials:**

Text: Thomas R. Baechle, Roger W. Earle, Fitness Weight Training 3rd edition. Human Kinetics, 2014.

Notes provided on Moodle

Website readings provided on Moodle

**Class Policies:** Last Date to Change to Audit Status or to Withdraw with a W Grade: *Nov 12, 2015*

ATTENDANCE POLICY: You are expected to maintain your workout program a MINIMUM of 2 times per week for the entire semester. You must document everything you do in the workout and turn it in electronically. **Online quizzes, assignments and discussions must be completed on time for credit.**

In the rare event that you will be unable to complete any required activities, you must make arrangements with the instructor **prior to the due date!** Also, if any alternative arrangements are to be made, they will be made **at the instructor's discretion.**

**Student Rights and Responsibilities:** Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

**Chain of Command:** If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim Vice President for Academic Affairs.

**Academic Dishonesty:** (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

**Official Means of Communication:** Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are

responsible to check their account regularly.

**ADA Accommodations Policy:** If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, [bheuer@caspercollege.edu](mailto:bheuer@caspercollege.edu). The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

**Calendar or schedule indicating course content:**

General Activity Outline:

Introduction to fitness training and pretesting your fitness

Completion of 6 week workout program provided in the text book

Designing your own workout program for future use

Course topics outline:

Components of fitness

Utilizing equipment and general exercise techniques

Goal setting

Workout program types

Basic muscular anatomy

Nutrition

Utilizing aerobic training and sport specific training

Program design

See Outline in Moodle for more details