

Course Syllabus for Physical Fitness Training

1. Description

PED 202: Physical Fitness Training, 2 credits

Instructor: Andrea E. Holmes andrea.holmes@doane.edu

This course is designed to introduce strategies for physical, mental, and spiritual health through physical exercise and dance. Through course activities, students will regularly participate in activities designed for aerobic endurance, flexibility, muscle tone and strength. Students will also learn classic yoga poses, the benefits of regular exercise, and contraindications of some exercises. In collaboration with the teacher, students will design workout routines to meet their personal fitness level. The course serves as a general elective.

2. Learning goals and objectives

This course is designed for beginning students who want to improve their physical, mental, and spiritual health by learning dance steps that result in a work out. The physical fitness component will improve students' body image, aerobic endurance, flexibility, muscle tone and strength. Students will learn how to work out on a regular basis. They will learn aerobic exercises that will help them improve their endurance and stamina. Students will also learn classic yoga poses, detailed instructions, beginner tips, preparatory poses, benefits, and contraindications of some exercises.

Texts or Readings Required: several health publications

3. Learning strategies used to accomplish the objectives.

Students will begin at 9AM with a warm-up. This is followed by aerobic exercises such as cardio steps to contemporary music, floor exercises that include yoga poses and strength and core training. Classes will have a component of stretching and balance. This course is **NOT** designed for dancers or athletes, but for students who want to begin a daily exercise regimen using fun and easy dance routines. All workouts can be modulated according to the students' fitness level. Effort is rewarded for this course, not skill.

4. Methods for assessment of student performance

Grading System: Letter grades

90-100% attendance = **A**, 80-89.9% attendance = **B**, 70-79.9% attendance = **C**, 60-69.9% attendance = **D**, 0-59.9% attendance = **F**

Prerequisite: None **Additional costs:** Workout attire and good fitness shoes

5. Course Policies

Students must attend all classes. Punctuality is required and tardiness is not tolerated.

Academic Integrity Policy: The Doane College Academic Integrity Policy will be adhered to in this class. All projects and tests will represent your own work. Any use of others' ideas and words without proper citation of sources is plagiarism and will result in penalties to be determined by the instructor and/or the dean of undergraduate studies.