



**HKIN 1164 Physical Fitness
Spring 2024
School of Public and Allied Health**

Instructor: Douglas Fowlkes
Section # and CRN: P02/23458
Office Location: Leroy G. Moore Jr. Intramural GYM # 103
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Office Hours: Monday/Wednesday 9:00am-11:00am; Tuesday/Thursday 1:00pm-4:00pm
Mode of Instruction: Face to Face

Course Location: Leroy G. Moore Jr. Intramural GYM # 10
Class Days & Times: M W F 12:00p-12:50p
Catalog Description: **HKIN 1164 Physical Fitness: 1 semester hour**
 Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills leisure time. All classes are coeducational

Prerequisites: None
Co-requisites: None

Required Texts: Principles & Labs for Physical Fitness By Werner W. K. Hoeger, Sharon A. Hoeger 8TH. Edition Wadsworth Cengage Learning ISBN 13:

Recommended Texts: ACSM. 1998. Position stand: The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults.
 Mazzeo, K. S. 2007. Fitness through aerobics and step training 4th ed. Stamford, CT: Wadsworth/Thomson Learning.

Web Sites: American College of Sport Medicine www.acsm.org

Student Learning Outcomes:

	Upon successful completion of this course, students will be able to:	Program Learning Outcome # Alignment	Core Curriculum Outcome Alignment	InTASC Standards
1	Understand the importance of physical activity and how it relates to health, quality of life, and total well-being	SOL #1	Critical thinking Communication	
2	Define and identify the components of health-related physical fitness	SOL #1	Critical thinking	

			Communication	
3	Develop an activity or training program that will increase aerobic endurance, positively influence body composition, and increase muscular strength and endurance and flexibility	SOL #1	Critical thinking Communication	
4	Assess one's health-related physical fitness	SOL #2	Critical thinking Personal Responsibility	

<i>Governing Organizations</i>	<i>Alignment with Standards/Domains</i>
CAEP	<u>Standard 4: Program Impact (4.1)</u>
InTASC	Content Knowledge: Standard #4 Content Knowledge; Standard #5 Application of Content Instructional Practice: Standard #6 Instructional Strategies
TExES	Domain I: Movement Skills and Knowledge Domain II: Health-Related Physical Fitness Standards: Physical Education EC-12 II, IV & V
NASPE	Standard 1: Scientific and Theoretical Knowledge Standard 2: Skill-Based and Fitness-Based Competence*
SHAPE America	Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Major Course Requirements

This course will utilize the following instruments to determine candidate grades and proficiency of the learning outcomes for the course.

Exercises – written assignments designed to supplement and reinforce course material. **Class Participation** – daily attendance, participation in class discussions. **Quizzes/Exams** - Will assess teacher educator candidates' understanding of course material.

Method of Determining Final Course Grade

Course Grade Requirement	Value	Total
1) Participation	20%	20
2) Observation	15%	10
3) Skills Assessments	20%	20
4) Exams	30%	30
5) Project-Design 8 week's workout plan	15%	<u>10</u>
		100 Total

Grading Criteria and Conversion:

A = 100-90%
B = 89-80%
C = 79-70%
D = 69-60%
F = 59-Below

I = Incomplete (Only issued under extraordinary circumstances that are beyond a candidate's control.)

W = Withdrawal from a course

WV = Withdrawal from the University voluntarily

MW = Military withdrawal

Detailed Description of Major Assignments:/Assignment Title:

Design a Planning and Logging Muscle Fitness Exercises. To set lifestyle goals for muscle fitness exercise, to prepare a muscle fitness exercise plan, and to self-monitor progress the 8 week's plan. Design a 5 steps physical activity pyramid.

Course Procedures or Additional Instructor Policies

Taskstream

Taskstream is a tool that Prairie View A&M University uses for assessment purposes. At least one of your assignments is **REQUIRED** to be submitted as an "artifact," an item of coursework that serves as evidence that course objectives are met. More information will be provided during the semester, but for general information, you can visit Taskstream via the link in eCourses.

SEMESTER CALENDAR

Week 1	
Topic	
Description:	The term Physical Fitness
Chapter 1	Why Physical Fitness
Assignment(s)	Paper on ACSM
Week 2	
Topic	
Description:	Health-related components of physical fitness are directly associated with good health
Chapter 1	What are the 5 components? / Life Expectancy Terms test [12]
Assignment(s)	¼ mile jog/walk for time 2minutes / Do figure 1.1 Causes of death in the United States /Do Lab 1A, 1B, & 1C
Week 3	
Topic	
Description:	Health-related components of physical fitness
Chapter 1	Lifestyle as a Health Problem
Assignment(s)	Paper on the 5 components / Do figure 1.2 Life expectancy at birth / Do Figure 1.3 Factor that affect health and well-being / Term Test [13] and assess your knowledge test
Week 4	
Topic	
Description:	Behavior Modification
Chapter 2	Environmental influence on physical activity
Assignment(s)	(Skills) Sets-up test for 1 minute (recorder test) /Do figure 1.8 Effects of fitness changes on mortality rates /Do Lab 2A, 2B, & 2C Terms test [11]
Week 5	
Topic	
Description:	Identify the stages of change
Chapter 2	Self-Efficacy
Assignment(s)	(Skills)Push-up test for 1 minute (recorder test) /Do figure 1.12 Motor-skill-related components physical fitness / Term Test Terms test [11] and assess your knowledge test
Week 6	
Topic	
Description:	Warm-Up, Cool-Down, and Workout
Chapter 3	Nutrition For Wellness

Assignment(s)	Terms test / Do Lab 3A & 3B / Do figure 3.1 My Pyramid: Steps to a healthier you Terms test [22]
Week 7 Topic Description:	
Chapter 1	Warm-up and Breathing
Assignment(s)	Terms Test [22] Skills/bench press workout
Week 8 Topic Description:	Mid-Term Terms
Chapter 1	
Assignment(s)	Terms test [22] and assess your knowledge test
Week 9 Topic Description:	Full range and Spotting
Chapter 1	Always complete the full range of motion The correct spotting technique
Assignment(s)	Skills/
Week 10 Topic Description:	Fundamental Skills and Techniques
Chapter 1	Exercises for the Upper Body; Starting position Technique and Safety
Assignment(s)	Skills/Chest, Shoulders, and Upper Arms workout
Week 11 Topic Description:	Exercises for the Upper Body; Starting position
Chapter 1	Exercises for the Upper Body; Starting position
Assignment(s)	Skills/ Lat Pull, Overhead Press, and Arm Curl
Week 12 Topic Description:	Exercises for the Lower Body; Starting position
Chapter 1	Thighs, Hips, Lower Back, and Buttocks; Starting position Technique and Safety
Assignment(s)	

Week 13 Topic Description:	
Chapter(s)	
Assignment(s)	
Week 14 Topic Description:	Design a Planning and Logging Muscle Fitness Exercises. To set lifestyle goals for muscle fitness exercise, to prepare a muscle fitness exercise plan, and to self-monitor progress the 8 week's plan. Design a 5 steps physical activity pyramid.
Chapter 1	
Assignment(s)	
Week 15 Topic Description:	Project- 8 week's plan due
Chapter 1	Review
Assignment(s)	Review
Week 16 Topic Description:	Final Exam
Chapter(s)	
Assignment(s)	