

Augsburg College
HPE 001 – Foundations of Fitness
Summer Session I 2009

Instructor: Steve Dalhed
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Office hours: After class or by appointment

Course Description: This is a required course for all Augsburg students. The purpose of the course is to seek improvement of the student's knowledge and understanding of the components of physical fitness, and how those components contribute to lifelong health and well-being. This course has been designed to provide knowledge and discuss and analyze ways an individual can assess, motivate, and discipline him/her self to maintain a lifestyle of fitness and wellness.

Objectives:

- I. Provide students with the information, tools, and resources necessary to accomplish their physical fitness endeavors.
- II. Instruct students on how to use all of the machines and resources available in Augsburg's fitness center.
- III. Work with students to develop & follow a personalized physical fitness plan.
- IV. Demonstration of adherence and improvement in ones physical fitness.

Expectations of Course:

- I. Attendance is required. Students **may no PASS with more than 1 absence.**
- II. Two lates will equal one absence.
- III. Students will participate each class and adhere to their fitness plans.
- IV. Students are required to wear tennis shoes and athletic apparel (sweatpants, shorts, sweatshirts, etc.)

Grading:

- This is a P/N, non-credit, course.

Requirements:

- Purchasing of heart rate monitor strap + \$6.00

Students Learning Outcomes:

- I. The student will be aware of the components and benefits of lifelong physical fitness and how they relate to a lifestyle of health and wellness.
- II. The student will gain the necessary skills to design and maintain a lifestyle of fitness and wellness.
- III. The student will learn to see exercise as a vehicle to maintain and improve health and wellness.
- IV. The student will have the knowledge (and hopefully, enthusiasm) to be motivated to make proactive choices that lead to a healthier lifestyle.
- V. The student will learn to implement goal setting as a beneficial technique to help insure personal fulfillment in health and wellness.

Tools for Achieving Student Learning Outcomes:

- I. The student will be provided the knowledge, skills and techniques necessary to become a physically educated person.
- II. Through active participation in laboratory sessions, the student will experience first hand how various fitness activities positively impact one's quality of life.
- III. The student will be provided an atmosphere for exercise that is fun.
- IV. The student will be given choices as to the type of activities he/she wishes to use to develop personal fitness goals.
- V. The class will be given the opportunity to work in groups and pairs (as well as individually) to help motivate and encourage each other.
- VI. The class will be encouraged to discuss different fitness articles as they relate to the science of fitness and wellness.

Projected Course Outline:

Wednesday 5/27: Introduction, Components of Fitness, Goal Setting

Monday 6/1: Aerobic Exercise

Wednesday 6/3: Strength Training

Monday 6/8: Building a Training Program

Wednesday 6/10: Flexibility

Monday 6/15: Nutrition

Wednesday 6/17: Managing Your Stress

Monday 6/22: Group Exercise Day

Wednesday 6/24: Lifelong Fitness