

Spring 2-1-2004

HHP 226.01: Basic Principles of Human Conditioning

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BASIC PRINCIPLES OF PHYSICAL CONDITIONING

Aerobic and strength training for health, fitness and performance throughout life
HHP226-SPRING 2004, 8:10-9:00am M,W,F

Instructor: Steven Gaskill – 104 McGill Hall, phone-243-4268, email: steven.gaskill@umontana.edu

Office hours: 2-3pm Monday, 8-9am Tuesday, 9-10 Friday.

WEB SITE: <http://eres.lib.umn.edu/> - Password = exercise – Notes, reviews and announcements will be posted on the web site.

COURSE CONTENT

This course is designed to introduce students to the fundamentals of aerobic exercise and resistance training related to health, fitness and performance. Subject matter will include, but is not limited to, maximizing student involvement in the understanding of physical training and the designing of exercise programs for health, fitness and performance, in healthy individuals during all stages of life. Topics will include: 1) fundamentals of exercise physiology underlying aerobic and resistance training, 2) theory of aerobic and resistance training programs, 3) methodology of aerobic and resistance training, 4) evaluating and monitoring fitness and 4) health related fitness programs.

This course will lay a basic practical foundation for students to design personal fitness programs, understand and design programs for lifetime fitness to develop the fundamental theories of training for future coaches. In addition this course, when combined with exercise physiology, will provide students the ability to understand the practical aspects of exercise physiology as applied to health, fitness and competitive performance.

TEXTBOOK – Available in bookstore:

Principles and Labs for Physical Fitness, 4th Edition, Hoeger and Hoeger
FacPac with notes and old tests.

COURSE REQUIREMENTS

Participation and Attendance: Class will meet in the assigned classroom unless otherwise noted. You must be present and participate to receive quiz and lab points. Attendance will be taken at each class with labs. If you know that you will be missing a class for a legitimate reason please make arrangements in advance.

Quizzes and Tests: There will be quizzes over most chapters. Quizzes are typically T/F, multiple choice and fill-in-the-blank questions and will require about 10 minutes. **The quizzes will be given only during the first 10 minutes of class and they cannot be made up.** There will be three cumulative exams. The exams will generally be MC and T/F along with 4-7 essay questions that require students to think and integrate ideas. Exam questions will require that students have read the book, completed labs and attended lectures. There will be no reviews except for the final exam. The instructor may provide some sample exam questions for the first two exams in the fac pac.

Labs and practical work: The course also includes a series of practical labs. The labs will generally be started during class time but may require additional time for students to complete. Students will be assigned small working groups for the labs, but each student must individually complete all material in the assigned lab and keep the completed labs together in a folder. Lab write-ups are expected to be neat, legible and use appropriate English grammar. Lab books will be collected twice as noted in the syllabus. **Students must be present and sign in on days when labs are done. No credit will be given for labs when students are absent.**

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

Plus/minus grades will be assigned: x0-x2=grade minus, x3-x7=grade, x8 or above = grade+

Exams 60% (20% each)

Lab Portfolio 15% (If you were absent the day of a lab you will not get credit for the lab unless you were excused in advance and complete the lab.)

Quizzes 20% (Single lowest quiz grade will be dropped)

Training Plan Project 5% See schedule for dates when plan is due.

COURSE SCHEDULE-HHP 226

<u>WEEK</u>	<u>Day-Room</u>	<u>LECTURE TOPIC</u>	<u>READING</u>
1	M 1-24	Class Introduction	
	W	Why Physical Fitness	Chapter 1
	F	Chapter 1 Quiz: Lab 1A on own, Lab 1B-I in class, Lab 1B-II – HR only – on own, Lab 1B III-V on own.	
2	M 1-31	Behavior Modification , Chapter 2 quiz	Chapter 2
	W	Behavior Modification Discussion	
	F	Lab 2A, all parts-To be done on own.	
	F	Principles of Weight Management, Chapter 4 quiz	Chapter 4
3	M 2-07	7-9am 1/3 class (A-I) - Under water weight etc.-Lab 4A and 4B – HP Lab	
	W	7-9am 1/3 class (J-R) - Under water weight etc.-Lab 4A and 4B – HP Lab	
	F	7-9am 1/3 class (S-Z) - Under water weight etc.-Lab 4A and 4B – HP Lab	
4	M 2-14	Obesity, All parts of Labs 5A, B and C on own.	Chapter 5
	W	Test 1, Chapters 1, 2, 4 and 5	
	F	Cardiorespiratory Endurance Assessment –Meet in classroom	Chapter 6
5	M 2-21	Chapter 6 continued – meet in classroom, Chapter 6 quiz	
	W	Chapter 6 continued – meet in classroom	
	F	Advanced Aerobic Training	
6	M 2-28	Advanced Aerobic Training	Lecture Notes
	W	Discussion and summary of aerobic training	
	F	Labs 6A-III and IV and VI– Meet in McGill Teaching Lab – Room 112.	
7	M 3-7	Principles of Muscular Strength	Chapter 7
	W	Principles of Muscular Strength , Chapter 7 quiz, Lab 7A-I (Hand Grip Strength)	
	F	Principles of Muscular Strength	Chapter 7
8	M 3-14	Lab 7AII, 7AIII, 7AIV – Meeting location to be determined– check in with instructor by 7:10 am.. You must wear appropriate clothes.	
	W	Revised Strength Lab – Check in at rec. center by 8:15am with John B. He will be there to assist you.	
	F	Principles of Flexibility 1 st half of labs due.	Chapter 8
SPRING BREAK			
9	M 3-28	Test 2 – Focus on Chapters 6-8 with review from chapters 1-5 and lecture material.	
	W	Designing speed and power programs for athletes	Lecture Notes
	F	Designing speed and power programs for athletes -- Training Program Project Handed out	
10	M 4-04	Labs 6B – Meet at Hellgate Track by 8:15am, Lab 6C on own	
	W	Lab 6AI or AII and 6D: Come prepared – Meet at Hellgate Track by 8:15am (West 1/3 mile on Kim Williams pedestrian trail from Clark Fork Foot bridge)	
	F	Practical Intervals – Come prepared for moderately hard exercise – Hellgate Track by 8:15	
11	M 4-11	Quiz on Chapter 8, We will do some of lab 8C in class.	
	W	Lab 8A – Meet in McGill Exercise Teaching Lab (McGill 112)	
	F	Skill-Related Components of Physical Fitness - Quiz on Chapter 9	Chapter 9
12	M 4-18	Lab 9A (plus some variations) – Meet in McGill Exercise Teaching Lab (McGill 112)	
	W	A Healthy Lifestyle Quiz on Chapter 11	Chapter 11
	F	No Class – Time for you to do all labs in Chapter 11 (11a, B and C)	

WEEK	Day-Room	LECTURE TOPIC	READING
		2 nd Half of Labs due at Rock Climbing.	
13	M 4-25	Rock Climbing – 1/3 class meet at the climbing wall in the rec. center.	A-F
	W	Rock Climbing – 1/3 class meet at the climbing wall in the rec. center.	G-M
	F	Rock Climbing – 1/3 class meet at the climbing wall in the rec. center.	N-Z
14	M 5-2	Designing your own Training Plan –Come to class if you need help with your program	
	W	Hike to M (weather permitting – meet base of M trail by 8:10am) This is a required lab.	
	F	Review for Final – Training Plans Due	
15	M 5-7	Final’s week. See class schedule for final time.	

Lab list that must be included in your lab portfolio when it is turned in:

Lab 1A, 1B-I, 1B-II (HR only on 1B-II), 1B III, 1B IV, 1B V

Lab 2A, all parts

Lab 4A and 4B

Lab 5A, B and C

Lab 6AI or AII, 6A-III, 6A IV, 6AVI, 6B, 6C, 6D

Practical Intervals Lab (Class Handout)

Lab 7AII, 7AIII, 7AIV, 7B

Lab 8A and C

Lab 9A (plus variations handed out in class)

Labs 11A, B and C

Final Exam: Per published schedule in course schedule

Please note that the Provost has mandated that final exams must be given at the time assigned. I am not permitted to give the final exam early for any reason and I will not do so unless it is for an official University function. Please don't waste my or your time by asking to break the rule. If you cannot make the final exam at the scheduled time you may take an incomplete and take the final exam at the beginning of spring semester. I generally rewrite the exam in these instances.