

Fall 9-1-2001

HHP 226.01: Basic Principles of Physical Conditioning

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Recommended Citation

Gaskill, Steven E., "HHP 226.01: Basic Principles of Physical Conditioning" (2001). *Syllabi*. 6089.
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BASIC PRINCIPLES OF PHYSICAL CONDITIONING
Aerobic and strength training for health fitness and performance throughout life
HHP226-Fall, 2001, Ed Bldg 211

Instructor: Steven Gaskill – 112 McGill Hall, 243-4268, sgaskill@selway.umt.edu

COURSE CONTENT

This course is designed to introduce students to the fundamentals of designing and leading training programs for aerobic exercise and resistance training. 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 and methodology of designing aerobic and resistance training programs, 3) methodology of aerobic and resistance training, 4) evaluating and monitoring fitness and 4) leadership of fitness and health programs.

This course will lay a basic practical foundation for students to design personal fitness programs, understand and design programs for lifetime fitness for youth, adolescents or adults and to develop the theory 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
Sharkey, Brian J., Fitness and Health, 4th Edition, 1997, Human Kinetics Publishers

CLASS LOCATIONS AND TIMES:

COURSE REQUIREMENTS

Members of the class are **responsible for all assigned reading material and for all material presented in class**. There will be a mid-term and final exam. The final exam will be 80% material from the 2nd half of the course and 20% cumulative. There will be one written assignment/project that will be graded both for content and composition. The assignment will be done in small groups and will also include presenting the material via a leadership model to the rest of the class.

Participation and Attendance: Class will meet for the first five weeks in the assigned classroom. Thereafter, meetings will be practical application and will meet at locations outlined in the schedule. You must be present and participate to receive attendance points accounting for about 25% of your grade. Attendance will be taken at each class. Throughout the term, even during the practical portion (10 weeks) there will be reading assignments with periodic quizzes over the reading. The quizzes will be given only during the first 5 minutes of class and they cannot be made up. Handing in the quiz will count for your attendance grade.

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|-----------------|---|------------------|------------------|------------------|---------------------|
| GRADING: | <u>A- 90-100%</u> | <u>B- 80-89%</u> | <u>C- 70-79%</u> | <u>D- 60-69%</u> | <u>F- Below 60%</u> |
| Midterm Exam | 20% | | | | |
| Final Exam | 20% | | | | |
| Group Project | 20% | | | | |
| Attendance | 25% (after 3 absences your grade will be reduced 1% per miss up to 25%) | | | | |
| Quizzes | 15% | | | | |

COURSE SCHEDULE-HHP 226 Location for first 5 weeks is Education 211.

| WEEK | Day-Room | TOPIC | READING (Chapter) |
|------|----------|--|-------------------|
| | | Weeks 1-5 are theory/classroom | |
| | W-8/5 | No Class (Due to a research project conflict) | |
| | F-8/7 | No Class (Due to a research project conflict) | |
| 1 | M-8/10 | Introduction | 1 |
| | W-8/12 | Health and Physical Activity (aerobic and strength) | 2,3 |
| | F-8/14 | Fundamentals of Aerobic Fitness (basic physiology) | 4 |
| 2 | M-8/17 | Benefits of Aerobic Fitness and Fitness Assessment | 5 |
| | W-8/19 | Aerobic Fitness Programming | 6 |
| | F-8/21 | Lifespan Aerobic Fitness | 7 |
| 3 | M-8/24 | High level aerobic fitness – duration and intensity | 16 |
| | W-8/26 | Progression and Periodization of aerobic training | |
| | F-8/28 | Fundamentals of resistance training (basic physiology) | 8 |
| 4 | M-9/1 | Resistance training programming | 9 |
| | W-9/3 | Lifespan Resistance Training | 15 |
| | F-9/5 | Progression and Periodization of Resistance Training | 10 |
| 5 | M-10/8 | Combining strength and cardiovascular training for aerobic athletes | |
| | W-10/10 | Combining strength and cardiovascular training for intermittent sports | |
| | F-10/12 | Test 1 | |

Weeks 6-10 are practical/activities focusing on traditional school sports/and activities. The material will cover how to design appropriate exercise programs and how to lead those programs. Handouts will be provided. Location of meetings will be provided in advance.

| | | | |
|----|-------------------|--|--------|
| 6 | M-F 10/15-19 | Traditional Activities for Elementary School Programming activities to increase health and fitness --Focus on active play, aerobic fitness and age appropriate prescription | |
| 7 | M-F 10/22-26 | Traditional Activities for Middle School/High School Programming activities to increase health and fitness --Focus on endurance sports and age appropriate prescription --Use of HR monitors for monitoring and prescribing exercise. | |
| 8 | M-F 10/29-10/2 | Traditional Activities for Middle School/High School Programming activities to increase health and fitness --Focus on intermittent sports and age appropriate prescription | |
| 9 | M-F 11/5-9 | Traditional Activities for Middle School/High School Programming activities to increase health and fitness --Focus on speed/power sports and age appropriate prescription | |
| 10 | M 11/12 | Holiday | |
| | W 11/14 | Health, Fitness and Performance in Adults and Elderly Modifications to training principles for lifetime fitness and health | 18, 19 |
| | F 11/16 | TEST #2 | |

Weeks 11-14 are practical/activities focusing on lifetime, outdoor recreational and non-traditional sports/and activities. The material will cover design appropriate exercise programs, basic techniques and safety issued and how to lead and teach those activities. These will be done on Monday's as group presentations where a small group of students present their project by leading the class through safety, skills and methods, training and fitness for the activity and basic points for teaching the skill. (At least one student group will be asked to lead stretching and flexibility, one group will be asked to lead aerobics, and one group will be asked to lead a non-western activity such as kick-boxing)

The second two class meetings will be taught by the instructor and will follow the same format for an activity, but using two days instead of one.

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|----|-------------------------|--|
| 11 | M 11/19 11/21-23 | Presentation / instruction by student group in an activity approved by the instructor. Thanksgiving Vacation |
| 12 | M 11/26 W-F 10/28-30 | Presentation / instruction by student group in an activity approved by the instructor. Rock Climbing |
| 13 | M 12/3 W-F 12/5-7 | Presentation / instruction by student group in an activity approved by the instructor. Backpacking / Orienteering |
| 14 | M 12/10 W 12/12-14 | Presentation / instruction by student group in an activity approved by the instructor. Cross Country Skiing |

FINAL Exam - Monday, December 17, 8-10am