# HPR 211
# Physical Conditioning I

Spring 2021

**Class Time and Location:** Online
**Instructor**: Jonathan Estes
**Office:** Weight Room
**Office Hours:** By appointment
**Office Phone**: (870)224-1147
**Cell Phone:** (870)224-1147
**Email:** jestes@uarichmountain.edu

**Prerequisite:** none

**Required materials:** none

**Course Description:** Emphasis is placed on physical conditioning through weight training and aerobic exercise.

**Program Outcomes:**

- Communicate effectively through written and oral communication with developed listening, reading, writing, and speaking skills
- Understand and appreciate the importance of factors that contribute to personal health and wellness.
- Understand how to become more physically fit through weight training and aerobic exercise using the F.I.T.T. principle.
- Students will increase their understanding of basic principles and their application in the field of physical conditioning
- Students will increase their technological and research skills.

**Rationale:**

- With the class requirement of exercise, students will develop habits of continuous exercise of weight training and aerobic activity.
- Students will be able to identify major muscle groups and how to develop a workout plan for each muscle group for weight training and aerobic exercise.

**Course Objectives:**

- Students will understand the F.I.T.T. principle when it comes to weight training and aerobic exercise.
- Students will understand the major muscle groups used in weight training and aerobic activity.
- Students will understand exercises used in weight training and aerobic activity for the major muscle groups.
- Students will create exercise plans using the F.I.T.T. principle to 4 components of fitness: cardiovascular fitness, muscle strength, muscle endurance, & flexibility.

# Spring 2021 Calendar

| | |
|---|---|
| **Jan. 11th – 17th** | Introduce F.I.T.T. principle<br>Complete exercise log |
| **Jan. 18th – 24th** | Complete F.I.T.T. Chart (legs)<br>Complete exercise log |
| **Jan. 25th – 31st** | Complete F.I.T.T. Chart (chest)<br>Complete exercise log |
| **Feb. 1st – 7th** | Complete F.I.T.T. Chart (back)<br>Complete exercise log |
| **Feb. 8th – 14th** | Complete F.I.T.T. Chart (arms)<br>Complete exercise log |
| **Feb. 15th – 21st** | Complete F.I.T.T. Chart (shoulders)<br>Complete exercise log |
| **Feb. 22nd – 28th** | Complete F.I.T.T. Chart (abdominals)<br>Complete exercise log |
| **Mar. 1st – 7th** | Complete F.I.T.T. Chart (flexibility)<br>Complete exercise log |
| **Mar. 8th – 14th** | Complete F.I.T.T. Chart (cardio)<br>Complete exercise log |
| **Mar. 15th – 21st** | Introduce anaerobic/ aerobic activity<br>Complete exercise log |
| **Mar. 29th – Apr. 4th** | Complete anaerobic/ aerobic chart<br>Complete exercise log |
| **Apr. 5th – 11th** | Complete anaerobic/ aerobic chart<br>Complete exercise log |
| **Apr. 12th – 18th** | Complete anaerobic/ aerobic chart<br>Complete exercise log |
| **Apr. 19th – 25th** | Complete anaerobic/ aerobic chart<br>Complete exercise log |
| **Apr. 26th – May 2nd** | Complete anaerobic/ aerobic chart<br>Complete exercise log |
| **May 3rd – 6th** | Final Exam |

**Course Conduct:** This course will be conducted through weekly activities by participating in an exercise routine. Each week there will be an activity log due in combination with either a FITT chart or an anaerobic/aerobic chart.

**Credit Hours Syllabus Statement**

For every course credit hour, the typical student should expect to spend at least three clock hours per week of concentrated attention on course related work, including but not limited to time attending class, as well as out-of-class time spent reading, reviewing, organizing notes, preparing for upcoming quizzes/exams, problem solving, developing and completing projects, and other activities that enhance learning. Thus, for a one hour course, a typical student should expect to spend at least three hours per week dedicated to the course.

| **Credit Hour Requirement Calculator** | | | | |
|---|---|---|---|---|
| | | | | |
| **Course Information** | | | | |
| Department, Course Number | HPR 211 | | | |
| Course Title | Physical Conditioning I | | | |
| Credit Hours | 1 | | | |
| Mode of Delivery | Traditional | | | |
| Weeks in Part of Term | 15 | | | |
| Level of Reading Material | Advanced/Scientific/Technical (2) | | | 2 |
| Reading Level of Students | Average Student (2) | | | 2 |
| Average Pages per Hour | 11 | | | |
| | | | | |
| | | *Enter either week or term, not both* | | |
| **Contact Hours** | | **Hours/Week** | **Hours/Term** | **Total Hours** |
| Lecture/Recitation | | 1 | | 15 |
| | | | | |
| | **Pages Asg'd** | **Hours/Week** | **Hours/Term** | |
| **Syllabus Items** | | | | |
| Exercise | | | 15 | 15 |
| FITT Charts | | | 8 | 8 |
| Aerobic/anaerobic Charts | | | 5 | 5 |
| | | | | |
| **Total Hours** | | | | 43 |

**Assessment:**
**Weekly exercise logs (15):** 60 %
**FITT chart (8):** 15%
**Anaerobic/Aerobic Chart (5):** 15%
**Final:** 10%

Grading Scale:

A = 89.5 to 100
B = 79.5 to 89.4
C = 69.5 to 79.4
D = 59.5 to 69.4
F = 59.4 or below

**Class Procedures/Student Requirements:** Each week, students will complete an exercise log. In addition there will be either a FITT chart, an anaerobic/aerobic chart, or a slideshow to study.

Please remember that I cannot give your class information on any email but the RMCC emails. If you email via Yahoo, Gmail, or another service, I will not give you the information you have requested. I am always available via email or through my office phone.

**Attendance and Make-Up Policy:**
The worst thing a student can do is stop participating in the class without telling the instructor. Being this is an online class, the students will be responsible for doing their work and using their time management skills. Communication with the instructor from the student is key!

Above is the semester calendar. If you have to miss any assignments, you will know what assignments should be due. These assignments must be completed and submitted to me no later than the following week to receive credit. Making up assignments is the student's responsibility, not the instructors. Your attendance will be monitored based on the work you do and you will be penalized for not logging in. Isolation or quarantine is not a valid reason for not logging in.

**Plagiarism/Cheating**
Plagiarism will not be tolerated in this class. The work from previous semesters is kept and reviewed if it is felt that the assignment was duplicated. If I have reason to believe that you and a classmate submitted the same work then I will give you both zeros.

**ADA Statement**
It is the policy of UA Rich Mountain to accommodate students with disabilities, pursuant to state and federal law. Any student with a disability who needs accommodations should contact the Vice Chancellor for Students Affairs Office, 394-7622 Ext. 1400.

**Arkansas Clean Air Act:**
In compliance with the Arkansas Clean Air Act, UA Rich Mountain is a smoke and tobacco free facility. Students and guest are to refrain from the use of all tobacco products while on campus.

**Student Misconduct:**
Students committing misconduct are subject to disciplinary sanction(s) and or restrictions. Misconduct or prohibited behavior includes, but is not limited to endangerment, harassment, disruption, sexual misconduct, dishonesty illegal drugs and/or alcohol, fire or safety issues, gambling, property violations, computer violations or other violations as listed in detail in the UA Rich Mountain catalog.

**Mission Statement**
The University of Arkansas Rich Mountain provides transformative education to all learners.

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