

PEFT 151 Lifetime Fitness

Course Syllabus

- I. **INSTRUCTOR:** Doug Herndon, M.A., M.Ed. email: dherndon@lorainccc.edu
 Phone: 366-7350 All Fitness Center Instructors are college degreed and CPR certified.
- II. **CATALOG DESCRIPTION:** Lifetime Fitness is a self-paced aerobic and weight training program designed to improve one's cardiovascular system and muscular endurance utilizing circuit training. Individual exercise programs are designed for special needs. Aerobic and resistance training equipment are available. May be repeated up to four (4) times for credit, but can satisfy only one (1) credit for physical education requirement. Can be audited once. Non-credit options are available. A student must be sixteen (16) years of age or older to enroll. (A special fee will be assessed).

III.

COURSE OUTCOMES & ASSESSMENT:	(Tools, Methods, and Expected Results)
Outcomes	Assessment Method(s)
Knowledge	
1. <u>Apply principles of fitness and exercise</u>	Pre and post test
Skill	
1. <u>Perform proper techniques for assessing exercise intensity (i.e. heart rate, RPE)</u>	Instructor observation and assessment of student technique
2. <u>Perform techniques associated with proper resistance training</u>	Instructor observation of student technique. Monitoring by FitLinxx Software
Disposition	
1. <u>Identify with the benefits of regular physical exercise activity</u>	Pre and post test

IV. **DRESS CODE AND ATTIRE:**

1. Proper attire

- a. shorts or sweats
- b. t-shirts w/sleeves
- c. socks
- d. clean athletic shoes, must carry in workout shoes

2. Improper attire

- a. tank tops, half or sleeveless shirts
- b. clothing with zippers, buttons, snaps or belts
- c. street clothes, jeans
- d. street shoes or no shoes
- e. dangerous or damaging jewelry

NOTICE: Failure to adhere to the dress code results in immediate dismissal from the Center.

V. **GRADING PROCEDURES:**

A. Criteria

- 1. Orientation/Pre Assessment Attendance, must attend and complete parts 1, 2, & 3 of the orientation process to begin the course. No exceptions to this requirement. Students must arrive prepared to participate in exercise for part 3. Appropriate dress is described above.
- 2. Workout Time and Visits,* students must try to acquire as many visits and workout hours during the semester as possible. This will be important to allow for physiological adaptation.
- 3. Post Assessment Attendance, must attend and complete this part of the course. Failure to

attend

will result in failing grade.

***To receive credit for a "visit", it must be a minimum of 30 minutes and no more than 90 minutes is accumulated per day. (Only one "visit" credited per day.)**

- B. Grading will be determined from three different sources.
1. Cognitive learning from an on-line test.
 2. Demonstrated improvement in seven measures of health and fitness. These are **Resting Heart Rate** and **Blood Pressure**, **Body Mass Index (BMI)**, **Pulse recovery after the 3 minute step test**, **YMCA Bench Press Test**, **Sit and Reach Test**, **Curl-Up Test**
 3. Total time of exercise and visits to the Fitness Center

Cognitive Test Grading Scale (Letter Grade A – F)

A = 90 – 100% Percentage based on the total correct answers for the post-assessment

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F = <60%

The grade for the cognitive test will make up 25% of the total grade.

Health and Fitness Measures Grading Scale (Letter Grade A – F)

The grade for the health and fitness measures will be based on improvement over the semester. Also the grade for this portion will be **impacted** by the pre-assessment rating. Students falling at the lower level of fitness for each measure will have greater potential for improvement and therefore must demonstrate greater improvement over the semester. Students falling at the highest level have less potential for improvement and therefore will need to demonstrate less improvement over the semester. However regardless of the pre-assessment level all students will need to exercise regularly and at intensities which will produce the positive improvement necessary for the maximum grade.

The health and fitness measures will be divided into five levels of classification. These levels are labeled as:

Low, Below Average, Average, Above Average, and High

The placement of a student's level for each of the seven measures of fitness will be determined at the pre-assessment and will be based upon national norms for age and gender.

The grading scales for each level of **classification** along with the required percent improvement are listed below and will be applied to each student for each of the seven measures based upon their pre-assessment level of fitness. Each measure will be **calculated** separately, but the grade for this part will be an average of the **percent improvement** for each of the seven measures. These grading scales are based upon the percent of improvement demonstrated between the pre-assessment and post-assessment measurement.

Low	Below Average	Average	Above Average	High	Value of letter grade A = 90 - 100% B = 80 - 89% C = 70 - 79% D = 60 - 69% F = < 60%
<i>A = 10%</i>	<i>A = 8%</i>	<i>A = 6%</i>	<i>A = 4%</i>	<i>A = 2%</i>	
<i>B = 8%</i>	<i>B = 6%</i>	<i>B = 4%</i>	<i>B = 2%</i>	<i>B = 1%</i>	
<i>C = 6%</i>	<i>C = 4%</i>	<i>C = 2%</i>	<i>C = 1%</i>	<i>C = 0.5%</i>	
<i>D = 4%</i>	<i>D = 2%</i>	<i>D = 1%</i>	<i>D = 0.5%</i>	<i>D = 0.25%</i>	
<i>F = <4%</i>	<i>F = <2%</i>	<i>F = <1%</i>	<i>F = <0.5%</i>	<i>F = <0.25%</i>	

The grade for the health and fitness measures improvement will make up 25% of the total grade.

Time and Visits Grading Scale (Letter Grade A-F)

A = 30 Workout Hrs + 30 visits

B = 28 Workout Hrs + 28 visits

C = 26 Workout Hrs + 26 visits

D = 24 Workout Hrs + 24 visits

F = Less than 24 Hours and 24 visits

*Orientation & *Post-Assessment attendance is included in the required hours and visits, however students should strive for more than the above to create the greatest possible physiological adaptation.

The lower number of hours or visits determines the actual grade for this portion of the total grade. The grade for Time and Visits will make up 50% of the total grade.

Satisfactory/Unsatisfactory (S/U) Grade & Credit

Audit Status (AU) No Grade & No Credit

VI. GRADING NOTES:

1. A maximum of 90 minutes of workout time is permitted and recorded per day. To receive credit for a visit, 30 minutes minimum is required.
2. Workout time for grades must be completed in the Fitness Center unless otherwise permitted by the Instructor of Record.
3. **STUDENT CODE OF CONDUCT VIOLATION:** If a student is found to be logged into the computer and not actually in the Fitness Center or in an area designated by an instructor during the workout the Instructor will delete the time and visit for that day for the first offense; a second offense will result in failure in the course.
4. PEFT 151 may be repeated, but only satisfies one PE credit requirement of a curriculum. PEFT 151/152 course combination may be used as an elective four (4) times.
5. The exception to this are students who the previous term enrolled in PEFT 151 and:
 - a. failed the class.
 - b. withdrew from the class.
 - c. were Audit status and now are Credit status.

VII. GRADING DEADLINES: (refer to the current LCCC catalog)

- A. Credit Letter Grade (A-F)
 1. Unless another grading option is elected in writing by the student in the Connections Center, students are registered for a letter grade and a grade of "A-F" is earned.
 2. Satisfactory/Unsatisfactory (S/U). DEADLINE: Eighth week of the semester. Complete form at Connections Center
- B. Changing Grading Options
 1. Requires completing appropriate forms at the Connections Center before the published deadline.
 - a. Audit, 2nd week of semester.
 - b. Withdrawal, 12th week of semester.

IMPORTANT NOTE: When enrolled in short term classes, identification of the timelines for altering grading or withdrawal status needs to be checked at the Registrar's Office.

- C. Incomplete Grading Policy*
 1. Incomplete grades are not granted due to failing level course work.
 2. Request for an Incomplete must be initiated by the student.
 3. Granting of Request of Incomplete is the decision of the Instructor. (*Medical or family emergency*)

4. Contact Instructor of Record in a timely manner (must be prior to the beginning of finals week) about your personal circumstance regarding an Incomplete grade.
5. When an Incomplete is granted, the instructor must submit an Incomplete Grade Contract. The student, instructor and dean must sign the form.
6. The incomplete grade contract between the instructor and student must be negotiated and signed prior to the final exam (*Post Assessment*) and the reporting of a grade of "I".

***Refer to the current LCCC catalog.**

VIII. FITNESS CENTER WORKOUT ROUTINE:

- A. Present *updated LCCC ID card to the student worker at the Fitness Center Welcome Desk. The student worker will verify the student's eligibility for entering the Fitness Center. The student worker will provide a clip to wear your LCCC ID in the Fitness Center while working out. After entering the fitness center see the [instructor](#) at the center station to be logged in and out.

****MANDATORY: You must present an updated LCCC ID to work out in the Fitness Center.***

Workout Routine to follow for Lifetime Fitness

A. Warm-Up

1. Light Aerobic - 5-10 minutes
 Purpose: Warm up muscles
 Equipment: Bikes, Treadmills, Rowers, Steppers, VersaClimber, Lifecycle, Ellipticals
2. Stretching - hold each stretch 10-30 seconds
 - 2-3 stretches for upper body
 - 2-3 stretches for lower body
3. Calisthenics: - Modified push-ups
 - Abdominal Strengtheners
 - Lower Back Strengtheners
4. **CHECK HEART RATE BEFORE STARTING CIRCUIT.**
 Heart rate should be close to the 60% of the target heart rate ([see instructor for help](#))

- B. **Circuit #1** FitLinxx will record this exercise activity for you, Check heart rate after completion of circuit to make sure you are in your target zone.

C. Post Circuit Exercise

1. 10 minutes of additional aerobics (Required after the circuit(s) ([FitLinxx will record this for you if you are using a FitLinxx connected machine or you may log your aerobic activity manually.](#)))

CHECK HEART RATE AFTER EACH PIECE OF EQUIPMENT

2. Circuit #2 (Instructor permission first) **CHECK HEART RATE**

D. Cool-Down

1. Walk a minimum of 5 minutes
 Purpose: Decrease Heart rate below 60% of Target Heart Rate to within 10 beats of your Initial Heart Rate.
2. Stretching - hold each stretch 10-30 seconds
 2-3 upper body
 2-3 lower body
CHECK RECOVERY HEART RATE

- C. At the conclusion of your workout, see the instructor on duty.
- D. Log out with the [instructor](#) in the fitness center.

IX. CIRCUIT TRAINING: Circuit Training is the primary workout option utilized in PEFT 151 to enhance strength and aerobic conditioning. Circuit Training is exercise accomplished through the combined use of resistance machines and bikes. The circuit also promotes total body conditioning.

A. Guidelines for safe and effective circuit training:

1. **Required activity:** any activity that uses the large muscle groups of the body, is rhythmic, and can be sustained.
2. **Frequency:** exercising 3 - 5 times each week for progressive improvement.
3. **Duration:** The duration of each circuit is approximately 30 minutes.
4. **Intensity:** monitor and sustain target heart rate (*beginners at 60-70% of maximum heart rate and progress gradually toward 85%*).
5. **Progression:** continual re-evaluation & upgrading of the workout program, e.g. increase weights and progress to a 2nd and 3rd circuit.
This should be done with Instructor approval.

B. **The formula for Target Heart Rate is:**

220 minus age = maximum heart rate x 60, 70, & 85% = Target Heart Rate range.

- C. When exercising, record pulse for 6 seconds and add a zero to the end of the number to project a minute's pulse, e.g. 12 beats = 120 beats per minute.
- D. **Perceived Exertion Scale** is a scale used for those individuals whose heart rate may be altered by medication instead of the age related Target Heart Rate Formula. [Look at FitLinxx Kiosk for Rated Perceived Exertion Scale under manual CV exercise intensity entry \(1 – 10\).](#)
- E. The Primary Circuit in the Fitness Center for Lifetime Fitness is the Life Fitness Circuit. It is comprised of 30 pieces of equipment, 15 resistance machines and 15 bikes.
- F. The object of an aerobic workout is to attain, monitor and maintain Target Heart Rate throughout a circuit.
- G. Target Heart Rate will be attained by lifting the resistance with slow, controlled movement and by sustaining a sufficient pedaling rate [and resistance](#) on the bikes.
- H. When working out on the circuit, students alternate between resistance machines and bikes in 30 second intervals. [Each FitLinxx training partner will indicate when the set is finished and the user will need to press “done” twice and press exit before moving to the bike.](#)
Approximately 30 seconds is allotted to change pieces of equipment. At first this will not appear to be enough time but with practice it will be. The users must move quickly however from one piece of equipment to another.
 1. After you have progressed to a 2nd circuit for at least 3 separate workouts, consult the Instructor about other exercise options.
- I. Increasing Weights
 1. If you are able to complete 6-8 repetitions on the machine with proper form, and maintain Target Heart Rate, consult the Instructor about increasing weights. [The user may increase their weights by one plate at the FitLinxx training partner on each machine. It is strongly recommended to consult an instructor when wishing to](#)
[increase weights.](#)
 2. If unable to complete 6 reps. with the heavier resistance, return to lighter weight [by reducing the weight lifted at the FitLinxx training partner after the set is completed.](#)

X. BIOMECHANICALLY CORRECT TECHNIQUE

- Neutral Cervical Vertebrae – keeping the neck aligned with the spine
- Comfortable Scapula Retraction – keeping the shoulders back and upright
- Maintain natural arch in the back – not arching or pressing the back into the machine
- Knees slightly bent – not locking the knees out straight with leg exercises
- Slow, controlled movements – lift to the count of two and lower to the count of four
- Exhale on the lifting motion – breath out as the weight is going up and breath in as the weight is coming down
- Optimum Range of Motion – follow the FitLinxx training partner to optimize your range of motion
- Work the muscle in the direct line of pull – keep your feet knees and hips aligned straight so to work the muscles in the directions of their pull
- Apply a humerus parallel when appropriate – when lowering the weight with arm exercise stop when the humerus (upper arm bone) is parallel to the floor
- Apply a neutral wrist when appropriate – try to keep the wrist as straight as possible when lifting with your hands
- Apply a femur parallel when appropriate – keeping the femurs (upper leg bone) parallel helps to allow the muscle to work in the direct line of pull

XI. FITNESS CENTER RULES & REGULATIONS:

- A. College ID must be worn at all times on attire with name visible and at a location that will not contact exercise equipment.
- B. Disposable towel usage is required for personal hygiene.
 1. When concluding exercising on machines, users must wipe down the equipment seat, seat backs, pads, upholstery, and grips with a disposable towel sprayed with disinfectant.
- C. Aerobic Equipment Use
 1. During prime use times, a maximum of fifteen (15) minutes is permitted on the Aerobic Equipment.
- D. Food, beverages (bottled water is acceptable), gum chewing, smoking or the use of other tobacco products are prohibited in the Fitness Center.
- E. Lockers
 1. Participants may claim a locker by providing a lock. *PLEASE* use your lock!
 2. Lockers may be used while in the Fitness Center or other physical education class only and locks must be removed at completion of the student's exercise class. **Locks remaining at the day's end will be removed.**
 3. LCCC is not responsible for lost or stolen items or articles left in unsecured lockers.
- I. **Cell Phones may only be used for extenuating circumstances and are not to be brought into the Fitness Center for any other reasons. Please check with the instructor on duty if you need to use a cell phone when in the Fitness Center.**