Course Title: Beginning, Intermediate Physical Fitness
Instructor: Jon Blodgett
Course Number: PEC 150 and 151
Phone: TBA
Credits: 2
Email: Jon.Blodgett@seattlecolleges.edu
Time: Monday/Wednesday 4:00pm–5:45pm
Office Hours: By appointment only.

Web Access: http://facweb.northseattle.edu/jblodgett/physical_fitness_notes/

Course Description
This course includes instruction on how to develop, execute, and maintain individualized physical fitness programs. The training programs presented emphasize the development of cardiorespiratory fitness, muscular strength, muscular endurance and flexibility. A variety of activities are presented, along with information on how to individualize and modify programs to meet present and future objectives. In addition, lecture/discussion material pertaining to fitness, nutrition, anatomy and physiology, safety, and wellness will be included.

Course Objectives
By the end of the class, the student will:

1) Identify particular activities, exercises, and movements affecting specific muscles and body systems.

2) Identify important aspects associated with optimal physical fitness, nutrition and wellness, as demonstrated through timely written workout records and successful final project completion.

3) Perform at least 20 minutes of selected cardiorespiratory activity without stopping, as demonstrated through recorded daily progress.

4) Demonstrate an understanding of the importance of frequency, intensity, and time concepts applied to both cardiorespiratory and musculoskeletal workouts, through daily class participation and through written examination.

5) Utilize safe movements during workouts and be able to identify, modify, and/or eliminate specific exercises which lead to individual discomfort or pain.

6) Take his/her pulse in order to determine his/her individual target heart rate zone during daily workouts, and when asked on examinations.

7) Participate in a variety of activities related to physical fitness which may include but not be limited to body conditioning, abdominal training, circuit training, walking, interval training, proprioceptive neuromuscular facilitation, etc.

Student Responsibilities

1) Each student is to wear proper athletic shoes for the activity. Shoes should be able to withstand participation in various activities such as walking/jogging, bicycling, rowing, stair climbing, and weight training. Cross training shoes are an excellent option. Inappropriate shoes may lead to injury and inability to optimally participate.

2) Each student is to wear appropriate attire, such as t-shirts, shorts, yoga pants, sweat pants, etc. The student without proper attire/shoes will not be allowed to participate and hence lose points for that class period. NO EXCEPTIONS.

3) Each student is to arrive at class on time and prepared to work out. If the student is late, he/she needs to inform instructor at the end of class. Students who arrive late will lose participation points. Students who leave early will lose participation points.

4) Each student needs to be aware of his/her own target heart rate zone and/or Rate of Perceived Exertion during cardiorespiratory activity so that workouts can be modified when the individual is working too hard/not hard enough.

5) All students should report malfunctioning equipment or safety hazards in the Wellness Center when noticed.
6) All students should notify instructor of any movements, activities, or exercises causing discomfort, pain, or injury. Such movements, activities or exercises can then be either modified or eliminated. Students should inform their physicians before starting any new exercise program.

7) Students are to use spotters when performing any supine exercise (bench press, e.g.), any exercise where dumbbells or barbells are lifted over the head (shoulder press, e.g.) or other activity involving heavy weight lifting.

8) If a student needs any course adaptations or accommodation due to disability, if emergency medication information needs to be shared with the instructor, or if the student needs to make special arrangements in case of building evacuation, the student will make an appointment with the instructor as soon as possible. Students may also make an appointment with Disability Services by calling 527-3697 or stopping by the DS office on the 2nd floor of the Campus Center.

9) Each student is expected to follow the NSCC student conduct code.

10) ALL students MUST bring their school identification cards with them to each class. Any student without his/her identification card will be declined access to the Wellness Center. If students have any questions about this policy, they should speak with or call Carrie Napoli, Wellness Center Manager, at (206) 528-4591.

**Evaluation**

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**Final Projects:** Final projects must be turned in early or on time – no exceptions!

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**Participation**

Participation refers to a student’s activity during class. Attendance is necessary for active participation to occur. IRREGULAR ATTENDANCE AND FREQUENT TARDINESS WILL RESULT IN A LOW PARTICIPATION GRADE. **NOTE:** International Students can only receive a numerical grade. EX: A no-credit (NC) cannot be received, etc. *Any grade lower than a 1.0 is automatically a 0.0. Students cannot receive a 0.7 (for example) in PE classes.

**Attendance**

Students are expected to attend all class sessions. For every absence, the student will receive 2.5 points off his/her grade. Any student arriving late must check in with the instructor to confirm attendance; otherwise, the student risks counting the tardy as an absence. Three tardies equal one absence.

Students will be allowed to make up three (3) missed days of participation by attending any of the drop-in classes available at the Wellness Center. Documentation for “make-ups” is required, as explained in class.

**Daily Weight Training Record**

The student will record his or her weight training workout every day of attendance, using a workout card provided. The card should include the following information for each workout: date, exercise name, repetition numbers, set numbers, etc.

**Cardio Fitness Record**

The student will record his or her cardio fitness training every day of attendance (or cardio session done outside of class), using the sheet provided. The following information is to be included for each cardio workout record: type of aerobic activity performed, the amount of time student participated in aerobic activity, intensity information (target heart rate or Rate of Perceived Exertion), and any comments about the workout.

**Heart Rate Worksheet**

In order for a student to understand how heart rate can play a role in accurately gauging his/her workout intensity, he/she will need to calculate a “target heart rate.” The 5-point heart rate worksheet will demonstrate that students can accomplish this objective.