

University of Southern Colorado
EXHP 104 Personal Fitness
Spring Semester 2003

Instructor: Kara Ketterer
Office: SC 142
Office Phone: 549-2572
Office Hours: Make arrangements with me

Course Description:

The Purpose of this class is to develop practices in improving overall physical fitness, muscle tone, muscular strength, muscular endurance, cardiovascular endurance, and capacity to work at higher levels of expenditure of energy.

Required Text: *Fitness for Life*

Course Content:

1. Pre and Post fitness tests
2. Demonstrate proper lifting form and technique on various systems of weight training equipment.
3. Demonstrate proper spotting and safety techniques on all lifts and equipment.
4. Ability to determine the different levels of cardiovascular fitness.
5. Ability to prepare and create general fitness programs (weights and cardio)

Course Evaluation:

1. Participation in each scheduled class period is required (60%)
 - a. Two absences are permitted without negative impact on final grade. Five points will be deducted from the final grade for each unexcused absence over two.
 - b. No Make Up Classes
 - c. Appropriate attire is required (gym shorts, athletic shorts and shirts, or sweats).
2. Notebook or weight charts are to be kept for every class period. Make sure you log all exercises performed. (10%)
3. Pre and Post testing throughout the semester. (30%)

Students with Special Needs (ADA)

This university abides by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, which stipulates that no student shall be denied the benefits of an education "solely by reason of a handicap." If you have a documented disability that may impact your performance in this class and for which you may require accommodations, please see the instructor as soon as possible to arrange accommodations. In order to receive accommodations, you must be registered with and provide documentation of your disability to, the Disability Services Office, which is located in the Psychology Building, Room 232.