COLLEGE ASSOCIATE DEGREE COURSE OUTLINE

SUBJECT AREA AND COURSE NUMBER: SMED 060
COURSE TITLE: CONCEPTS IN HEALTH & FITNESS
UNITS/HOURS Units: 3

CATALOG COURSE DESCRIPTION: This course is open to all students interested in learning about the different components of physical fitness, cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition as related to healthy living. Students will develop individual plans using decision-making strategies, analysis, and an awareness of the conditions related to nutrition, physiological factors and physical fitness.

OUTCOMES:
1. Discuss the physical, social, and psychological benefits of being physically fit.
2. List the component parts of physical fitness.
3. Recognize the impact of stress on a healthy lifestyle and identify stress management techniques.
4. Identify risk factors present in lifestyles that may predispose one to coronary artery disease, cancer or other health problems.
5. Identify the basic principles of a fitness program.
6. Explain how maximum aerobic capacity determines the level of cardiorespiratory endurance.
7. Define strength, endurance, and power and indicate their relevance to health and skill of performance.
8. Explain the difference between dynamic, static and PNF stretching.
9. Analyze the principle of caloric balance and how imbalance leads to gain or loss of body fat.

REQUISITES: Advisories: ENGL 251