



**COWLEY COLLEGE
& Area Vocational Technical School**

COURSE PROCEDURE FOR

**PHYSICAL CONDITIONING II
HPR6331 1 Credit Hour**

Student Level:

This course is open to students on the college level in either freshman or sophomore year.

Catalog Description:

HPR6331 - PHYSICAL CONDITIONING II (P) (1 hr)

A continuation of Physical Conditioning I, incorporating activities designed to develop speed, strength, and endurance through exercise and weight training.

Prerequisites:

None

Controlling Purpose:

A cardiovascular muscular development fitness program designed around an independent exercise program. The course introduces basic concepts of nutrition, diet, lifetime fitness development, health, and exercise programming. A variety of individual aerobic and muscular training exercise equipment will be incorporated into the student's total program.

Learner Outcomes:

Upon completion of the course, the student will be able to ...

1. Demonstrate appropriate operating mechanics of each piece of exercise equipment.
2. Develop basic nutritional knowledge and cardiovascular endurance through exercise.

Units Outcomes and Criterion Based Evaluation Key for Core Content:

The following defines the minimum core content not including the final examination period. Instructors may add other content as time allows.

Evaluation Key:

- A = All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field.
- B = All major goals have been achieved, but the student has failed to achieve

some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved.

- C = All major goals have been achieved, but many of the minor goals have not been achieved. In this grade range, the minimum level of proficiency represents a person who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of inadequacy in his background.
- D = A few of the major goals have been achieved, but the student's achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

UNIT 1: INTRODUCTION TO WELLNESS						
Outcomes: Students will become oriented with the wellness center and course processes.						
A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Read and understand the policies and procedures of the wellness center.
						Communicate with the staff to begin the wellness process.
						Complete a wellness center biographical health form and submit to the wellness staff.

UNIT 2: INFORMATIVE ACTIVITIES

Outcomes: Develop a personal exercise program.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Understand diet and how it relates to exercise training.
						Demonstrate basic of stretching techniques.
						Understand the importance of stretching and how it impacts exercise.
						Define the role of stretching in the prevention of disease.

UNIT 3: PHYSICAL ACTIVITIES

Outcomes: Perform a personal exercise program.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Complete their personal exercise program incrementally throughout the semester.
						Complete all requirements of the exercise program within the wellness center.

Attendance Policy:

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

Grading Policy:

The grading policy will be outlined by the instructor in the course syllabus.

Course Time Frame:

The U.S. Department of Education, Higher Learning Commission and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an

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equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format

Refer to the following policies:

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

Disability Services Program:

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class which requires accommodations, contact the Disability Services Coordinator.