

# HPER 160 : Fitness Boot Camp

**Credits:** 1

**Class Hours:** 2 lecture/lab

**Recommended:** Medical clearance.

**Comments:** May be repeated any number of times for credit.

**Description:** This course will focus on the development and maintenance of the following components of fitness: muscular endurance, strength, cardiovascular fitness, balance, speed, and coordination. General fitness concepts to improve each component of fitness, nutrition, and weight management will be included. The primary emphasis is helping reduce the risk of functional decline and improve overall performance in everyday activities.

**Semester Offered:** Fall, Spring

**Course Student Learning Outcomes (CSLOs):**

1. Employ safe and appropriate methods to improve fitness levels.
2. Participate in a healthy, sustainable, and lifelong learning activity.
3. Assess and analyze daily diet, identify strengths and challenges, and make changes to aid in realizing personal wellness goals.
4. Use correct form when weight training, applying appropriate modifications for exercises as necessary.
5. Identify and describe physical fitness components and training principles.