



# CHIPOLA COLLEGE

## COURSE SYLLABUS

Chipola's website: [www.chipola.edu](http://www.chipola.edu)

---

**COURSE TITLE:**

Concepts of Life Fitness

---

**COURSE NUMBER:**

HLP 1081

---

**COURSE DESCRIPTION (with prerequisites):**

A basic course designed to acquaint students with the principles, concepts and values of physical fitness, proper nutrition, and stress management; and the dangers attached to negative lifestyle behaviors. Students will learn to evaluate their fitness, nutrition and stress levels, identify their areas of interest, and design personal exercise prescriptions. Students will participate in a number of health and fitness assessments and will be instructed on the proper use of strength and cardiovascular training equipment. 3 semester hours credit. |

---

**NAME(S) OF INSTRUCTORS:**

Dr. Steven Givens, Z-224, [Givenss@chipola.edu](mailto:Givenss@chipola.edu), (850)718-2299 |

---

**EFFECTIVE ACADEMIC YEAR:**

2023-2024

---

**REQUIRED TEXTBOOKS AND INSTRUCTIONAL MATERIALS:**

Fitness & Health, 7<sup>th</sup> edition, 2013  
Human Kinetics ISBN: 9780736099370 |

---

**GRADING POLICY:**

The standing of a student in each course is expressed by one of the following letters and corresponding grading system:

**A – 90 – 100**

**B – 80 – 89**

**C – 70 – 79**

**D – 60 – 69**

**F – 59 or less**

The Chipola Catalog provides policies and procedures regarding the grading system. A student's Grade Point Average is derived from the grading system/quality point scale.

---

**ATTENDANCE AND WITHDRAWAL POLICIES:**

Chipola College expects regular attendance of all students, and all instructors record attendance daily. Students who are absent from classes for any reason other than official college activities must satisfy the instructor concerned that the absence was due to illness or other clearly unavoidable reasons. Otherwise, the student may suffer grade loss at the discretion of the instructor. Chipola policy allows each instructor to specify in the Instructor First Day Handout whether or not an absence is excusable and what affect the absence or tardy may have on the grade.

A student is allowed to repeat a course a maximum of three (3) times. **On the third attempt a student (1) must bear the full cost of instruction (unless waived by Student Services), (2) cannot withdraw, and (3) must receive a grade.**

**MAKE-UP POLICY:**

Chipola allows each instructor to specify in the Instructor First Day Handout the makeup policy.

**ACADEMIC HONOR CODE POLICY:**

Students are expected to uphold the Academic Honor Code. Chipola College's Honor Code is based on the premise that each student has the responsibility to (1) uphold the highest standards of academic honesty in his/her own work; (2) refuse to tolerate academic dishonesty in the college community; and (3) foster a high sense of honor and social responsibility on the part of students. Further information regarding the Academic Honor Code may be found in the Chipola Catalog, Student Governance section.

**STUDENTS WITH DISABILITIES POLICY:**

Chipola College is committed to making all programs and facilities accessible to anyone with a disability. Chipola's goal is for students to obtain maximum benefit from their educational experience and to effectively transition into the college environment. Students with disabilities are requested to voluntarily contact the Office of Students with Disabilities to complete the intake process and determine their eligibility for reasonable accommodations.

**NOTICE OF EQUAL ACCESS/EQUAL OPPORTUNITY AND NONDISCRIMINATION:**

Chipola College does not discriminate against any persons, employees, students, applicants or others affiliated with the college with regard to race, color, religion, ethnicity, national origin, age, veteran's status, disability, gender, genetic information, marital status, pregnancy or any other protected class under applicable federal and state laws, in any college program, activity or employment.

Wendy Phippen, Associate Vice President of Human Resources, Equity Officer and Title IX Coordinator, 3094 Indian Circle, Marianna, FL 32446, Building A, Room 183C, 850-718-2269, phippenw@chipola.edu.

**LIBRARY AND ON-LINE REFERENCE MATERIALS:**

The library is a comprehensive learning resource center providing information in print, electronic, and multimedia format to support the educational objectives of the College. On-line catalogs, e-books and electronic databases can be accessed by using the *LINCCWeb* icon on the Chipola Library website at [www.chipola.edu/library](http://www.chipola.edu/library). If you have questions about database usage consult the "How to Use the Chipola Databases" on the Library website or call the Library at 850/718-2274 during regular hours. Library hours are posted each semester at the building entrance and on the Library website. See your Instructor First Day Handout for individual instructor recommendations and resources.

### **TECHNOLOGY RESOURCES:**

---

The college's learning management system is **Canvas**. Classes become available on Canvas on the first day of the semester. It is the student's responsibility to log onto the Canvas system the first day of class to establish the first day of attendance and to check announcements. All official class communication must be through Canvas. For further information, contact your instructor or the Director of eLearning. The Canvas support hotline is available online in live chat and on the phone, toll-free, at 855-308-2812 for any issues in accessing or utilizing Canvas. The **Technology Center**, located in the library, is equipped with computer workstations. Lab hours are posted each semester at the building entrance and on the Library website.

### **FREE TUTORING RESOURCES:**

---

The Academic Center for Excellence (**ACE**) Lab, located in Building L, offers free tutoring from 8 a.m. to 5 p.m. and is equipped with computer workstations. ACE lab hours are posted each semester at the room entrance and on the website. Additionally, live online tutoring conferences and individual tutoring sessions are available for a variety of courses through ACE@Home. For a conference schedule or to schedule an individual appointment, visit "ACE Tutoring" in the left navigation from any course in Canvas.

### **ELECTRONIC DEVICE USAGE STATEMENT:**

---

Classrooms should be free of all unnecessary distractions from the task of learning. Therefore, as a general rule, students should silence and avoid use of all electronic devices (laptops, phones, tablets, etc.) not being used for coursework. Consult first-day handouts for any specific policies related to the use of electronic devices in the classroom, as they may vary depending upon the nature of the course or the guidelines of the instructor. Faculty reserve the right to regulate the use of electronic devices and their accessories in class.

### **DISCIPLINE SPECIFIC COMPETENCIES / LEARNING OUTCOMES:**

---

REC 1: Prepare individuals and groups to participate in a variety of sports.

REC 2: Demonstrate the ability to officiate various sport activities.

REC 3: Organize large group activities for a variety of sports.

REC 4: Lead group activities in a social setting.

REC 5: Recognize diverse needs of special populations.

REC 6: Describe various aspects of outdoor recreation, education, and conservation.

REC 7: Demonstrate employability skills.

REC 8: Provide care for and demonstrate prevention of athletic injuries.

REC 9: Understand foundations of sport fitness and exercise physiology. |

**LINKING COURSE-LEVEL STUDENT LEARNING OUTCOMES WITH DISCIPLINE-SPECIFIC COMPETENCIES, ASSESSMENT METHODS, AND ARTIFACTS**

<p><b>COURSE-LEVEL STUDENT LEARNING OUTCOMES FOR HLP 1081</b></p> <p>The student will be able to:</p>	<p><b>DISCIPLINE-SPECIFIC COMPETENCIES</b></p>	<p><b>ASSESSMENT METHODS FOR COURSE LEVEL STUDENT LEARNING OUTCOMES</b></p>	<p><b>LEARNING ARTIFACTS FOR ASSESSMENT</b></p>
<ul style="list-style-type: none"> <li>Identify and locate various internet sites related to specific fitness training techniques</li> <li>Identify physiological and psychological benefits of fitness activities</li> <li>Identify principles of safety related to various fitness activities</li> <li>Design fitness program for a specific population</li> <li>Identify specific benefits of engaging in fitness activities as a member of a group</li> <li>Identify specific benefits of recording progressions of fitness activity</li> <li>Identify specific modifications of fitness activities for special populations</li> <li>Identify specific heat related illnesses related to fitness activity</li> <li>Identify hydration recommendations for persons engaging in fitness activities</li> <li>Identify specific muscle groups and organs affected by fitness activities</li> <li>Identify exercise that affects specific groups</li> <li>Identify major muscle groups and their functions</li> <li>Identify scientific principles of cardiorespiratory, muscular, and flexibility fitness</li> <li>Identify specific exercises that affect muscle group function</li> <li>Identify various methods to assess cardiorespiratory, muscle, and flexibility fitness body composition</li> </ul>	<p>REC 1</p> <p>REC 1</p> <p>REC 1</p> <p>REC 2</p> <p>REC 4</p> <p>REC 4</p> <p>REC 5</p> <p>REC 6</p> <p>REC 6</p> <p>REC 9</p> <p>REC 9</p> <p>REC 9</p> <p>REC 9</p> <p>REC 9</p> <p>REC 9</p>	<p>Proj., RPT</p> <p>T</p> <p>T</p> <p>Proj., RPT</p> <p>T</p> <p>T</p> <p>T</p> <p>T</p> <p>T</p> <p>T</p> <p>Proj., RPT</p> <p>Proj.</p> <p>T</p> <p>Proj.</p> <p>T</p>	<p>Written project/class presentation</p> <p>Test(s)</p> <p>Test</p> <p>Written project/presentation Test</p> <p>Test</p> <p>Test</p> <p>Test</p> <p>Test</p> <p>Test</p> <p>Test</p> <p>Written project/presentation</p> <p>Written project</p> <p>Test(s)</p> <p>Written project</p> <p>Test(s)</p>

**\*\*Assessment Codes**

<p><b>T</b> = Tests <b>Pre/Post</b> = Pre- and Post-Tests</p>	<p><b>RPT</b> = Report/Presentation <b>SP</b> = Skills Performance</p>	<p><b>Proj.</b> = Projects <b>Exp.</b> = Experiments</p>	<p><b>BO</b> = Behavioral Observation <b>Clin.</b> = Clinicals</p>
---	--	--	--

<b>OT</b> = Objective Tests <b>UT</b> = Unit Tests <b>Q</b> = Quizzes <b>F</b> = Final Examination <b>CF</b> = Cumulative Final <b>EX</b> = Departmental Exam <b>SE</b> = Nat'l or State Standardized Exam	<b>SD</b> = Skills Demonstration <b>W</b> = Writing Assignments <b>E</b> = Essays <b>DE</b> = Documented Essays <b>RP</b> = Research papers <b>J</b> = Jury <b>R</b> = Recital	<b>Cap. Proj.</b> = Capstone Project <b>Cap. Course</b> = Capstone Course <b>Prac.</b> = Practicum <b>Intern.</b> = Internship <b>H</b> = Homework <b>PS</b> = Problem Solving <b>DB</b> = Discussion Board	<b>CS</b> = Case Study <b>CP</b> = Case Plan <b>Port.</b> = Portfolio <b>Obs.</b> = Teacher Observation <b>Sk. Check</b> = Skills Check-off Curriculum Frameworks <b>JP</b> = Judged Performance/Exhibition
--	--	---	--

### **MEANS OF ACCOMPLISHING STUDENT LEARNING OUTCOMES:**

Lecture is the primary method of instruction. Lectures are enhanced by board illustrations, concept maps, and/or power point presentations. Additional teaching strategies may include: use of inquiry, critical thinking, class discussions and/or oral presentations.

### **ASSIGNMENT AND/OR COURSE OUTLINE**

See your Instructor First Day Handout for individual instructor assignment schedule.