HHPA 136 : BOOT CAMP

Transcript title

Boot Camp

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Introduction to exercises that improve cardiovascular endurance, muscular strength and flexibility in a supportive team atmosphere. Utilizes interval training, core strength, plyometrics, running, games and weights and is appropriate for all levels of fitness and experience. Repeatable for credit.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Demonstrate skills development, safety practices, and fundamentals of Women's Bootcamp to develop overall physical fitness and enhance sport activities.
3. Develop SMART goals based on a personal vision of wellness which includes: physical activity, nutrition, and positive self-image.
4. Demonstrate safe and effective forms of cardiovascular, strength, and flexibility exercises necessary in order to improve overall physical fitness.
5. Articulate basic training principals and their application to achieving fitness goals.

Content outline

1. Introduction to boot camp
2. SMART goals and equipment demonstration
3. Pre-fitness testing and physiology testing
4. Workouts
5. Final fitness testing and SMART goals review

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health