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.

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

- · Introduction to boot camp
- · SMART goals and equipment demonstration
- Pre-fitness testing and physiology testing
- Workouts
- · 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