

BODY CONDITIONING

Instructor: Debbie Herrold
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Office: AC 105
Hours: 9:00-9:30 a.m. Monday-Friday
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Course Description:

Provides students with individual instruction in exercises that condition the body. Instruction is given for the use of free or fixed weights and aerobic equipment. Emphasis is on flexibility, strength, and physical endurance.

Credit: 1
Grading: A-F/Optional P/NP

Course Materials:

Exercise clothing required (sweats, shorts, t-shirts, etc.)
Shoes required (no sandals)

Locker (not required)

**Can be checked out from the equipment room located in the AC building at no charge.

Outcomes/Objectives:

Students will set personal goals for individual fitness level
Students will develop a personal training program
Students will demonstrate safe lifting techniques
Students will provide written record of fitness assessments

Course Requirements:

Active participation during entire logged in workout time
Consistent and prompt attendance
Class preparedness
Completion of a full planned workout daily

Class Format:

Log in attendance on computer (**must be dressed and ready to begin activity before you are logged in**)
3-5 minutes aerobic warm up
5 minutes stretching
5-8 minutes group abdominal workout (**required**)
40-50 minutes personal designed workout
5-8 minute proper cool down
Log out on computer

Grading Scale:

Attendance/Participation:
10 points per day

**Requires a full 60 minute workout logged in time on the computer. Forgetting to log in or out of the computer will result in ½ credit.

Must be logged in no later than 15 minutes after the scheduled class start time to receive credit.

May not check in on the computer earlier than 5 minutes before your scheduled class time.

**Make-ups: 2 absences may be made up by attending a similar weight training class through LBCC only.
Turn in signed make-up form to the classroom instructor.

Assessment Card:
100 points

Goals Worksheet:
20 points

Breakdown:

A= 100-90%
B= 89-80%
C= 79-70%
D= 69-60%
F= 59-00%

LBCC Comprehensive Statement of Nondiscrimination

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

(for further information <http://po.linnbenton.edu/BPsandARs/>)