

PE 185G- Body Conditioning
FALL 2020

INSTRUCTOR: Cindy Falk falkc@linnbenton.edu 541-917-4240

OFFICE HOURS: M/W 9:00 - 9:50 a.m. These will be done through email, google meet, or google hangout. If you do not have access to a microphone on your device, use email.

COURSE DESCRIPTION: This course is designed for individuals with all levels of experience in physical training. It will emphasize development of muscular strength, muscular endurance, and cardio-respiratory fitness. Each student will have the opportunity to set goals based on their own interests and desires for the class. Students will develop their own workout routine with their specific goals in mind.

OUTCOMES

Upon completion of the course, students should be able to:

1. Recognize and describe the importance of consistent and effective participation.
2. Demonstrate the ability to write and/or follow an appropriate workout routine for their fitness level and modify that routine periodically.
3. Demonstrate proper technique, based on the student's personal ability for body conditioning.

GRADING: points earned are based on:

Participation: 10 points per day (approx. 180)

This is an activity class, to benefit, it is important for you to complete your workout. You will demonstrate your participation by completing, recording and sharing your workout with me.

Workout record: 2 points per day (approx. 40) (track your workouts). If you already have a method of tracking, continue with that method and share with me. If you need a method, there are recording ideas here: <https://exrx.net/WeightTraining/WorkoutLogs>

I will also have charts the first day of class that you may use.

Personal goals: Write 3 goals for the class (10). Goals should be measurable. They may include performance or attendance goals, endurance goals, health goals, etc. What do you want to get out of your time in the class? Do this through the google form link below:

<https://docs.google.com/forms/d/1KUX3J1g2cOHFnATgScEugkSLbXpZYd8mouSgBtPZiOk/edit>

Wellness Appraisal: (20) Pre and post testing. Below is a list of 6 activities, **choose any 4 to complete for an A, any 3 for a B, any 2 for a C, 1 = a D**

1. PHYSICAL FITNESS ACTIVITY

Perform a cardio-respiratory assessment following one of the options listed below:

If you prefer to walk or should walk because of your fitness level, choose this option --

For this test you will walk 1 mile as quickly as you can. Having access to a track will be helpful. This would be 4 laps on the track. When you are finished, record the time it took you to walk the mile and take your pulse for 15 seconds.

Record this on the sheet titled Health Status THEN go to <https://exrx.net/Calculators/Rockport> Input your information into the program and record your rating on the sheet titled Health Status.

If you have been running, choose this option --

For this test you will run for 12 minutes. Having access to a track will be helpful. Or if you have an activity tracker, use that. (MyFitnessPal, Map My Walk, Step Tracker are a few) When you are finished, record the distance you covered in those 12 minutes.

Record this on the sheet titled Health Status.

Go to <https://exrx.net/Calculators/MinuteRun>. Input your information into the program and Record your rating on the sheet titled Health Status.

2. GIRTH ASSESSMENT ACTIVITY

Take your measurements that are listed on Health Status sheet.

3. FITNESS ACTIVITY

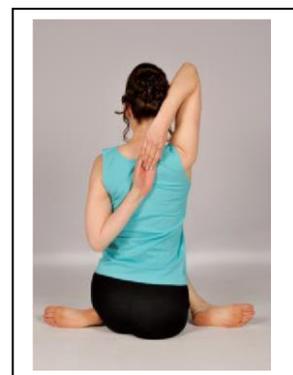
Use the sites below to see the correct method for completing this activity. Record your results on the Health Status sheet. <https://exrx.net/Calculators/PushUps> <https://exrx.net/Calculators/SitUps>
<https://exrx.net/WeightExercises/Obliques/BWSidePlank>
<https://exrx.net/WeightExercises/RectusAbdominis/BWFrontPlank>
<https://exrx.net/WeightExercises/Quadriceps/BWSquat>

4. FLEXIBILITY ACTIVITY

Low back and hamstring – For ease of this, sit on the floor with your legs straight in front of you and next to each other. With your arms straight ahead and your hands stacked on top of each other, reach toward your toes. Can you touch your toes? Record your answer on the Health Status sheet.

Shoulder –

Raise your right arm overhead, bend elbow, and reach down across your back, with palm facing upper back. Position your left arm down behind back and reach up across back with back of hand against back. With fingers extended, try to overlap fingers, upper hand over lower hand. Whichever arm is up, is the one you are measuring. Repeat with arms in opposite position. Record on the Health Status sheet.



5. HEART RATE ACTIVITY

Look at each site below. Read the information regarding calculating heart rate. Use the calculators to find your numbers. Record your answer on the Health Status sheet.

<https://www.healthline.com/health/how-to-check-heart-rate>
<https://www.lifespanfitness.com/fitness/resources/target-heart-rate-calculator>

6. RESEARCH ACTIVITY

Find and read a health-related article. Ideally it will be related to one of your personal goals.

In a 3-5 paged, typed, double-spaced report, include the following information:

- a. Briefly summarize the article
- b. What information presented in the article will be helpful to you? In what way(s)?
- c. How will you apply this information to the goals you have set for yourself in this class?

Grades will be based on a percentage of the total with

A = 90% and above

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F = 59% or less

Improvement is desirable from pre-tests at the beginning of the term to post-tests done at the end of the term, but will not be a factor in evaluation for grade.

DAILY ROUTINE:

5-8 minutes warm-up: use of dynamic stretching is recommended before a workout. SEE the stretching BEFORE a workout on the moodle homepage if you need suggestions.

45 minutes: resistance and/or aerobic work, flexibility, and/or core strengthening : this should be based on your goals, ideally include all of the above.

5-10 minutes cool down: walking, bike, row, static stretch: SEE stretching after a workout on the moodle homepage if you need suggestions.

CLOTHING / EQUIPMENT:

Appropriate face covering

Tee shirt

Shorts or workout pants

Appropriate shoes

Towel and spray bottle for wiping sweat and sanitizing

Water bottle

Writing utensil

Notebook or chart for recording your workout

CONSIDERATIONS IN SETTING UP A PERSONAL WORKOUT PROGRAM

- 1) Goals- what do you want to accomplish?
- 2) Time constraints- what can realistically complete in the allotted classtime?
- 3) What muscle groups would you like to emphasize in your routine? Care should be taken to balance the muscles of the upper and lower body, front (anterior) and back (posterior) as well as the torso. Make

sure to work both sides of a joint. For example, whatever you do for biceps and triceps, you do for your forearm.

GUIDELINES TO AEROBIC ACTIVITY

- Exercise aerobically 3-5 days each week
- Warm up to 5-10 minutes at an easy pace; usually below the .50 range
- Maintain the .50 to the .85 range for 30-45 minutes
- Gradually decrease the intensity, cool down, and stretch the last 5-10 minutes of your workout

GUIDELINES TO MUSCULAR FITNESS and RESISTANCE TRAINING

- Wear proper attire, include shoes and a shirt
- Use spotters when appropriate
- Never sacrifice technique to lift more weight or do more reps →
- Train all major muscle groups
- Train with resistance 2-3 days per week: Be consistent. Avoid missing days as training gains can be lost rather quickly
- Perform each exercise through a full range of motion
- Use proper breathing: Exhale during the exertion portion of the lift, inhale as the weight returns. Never hold your breath during a contraction. (holding your breath to get through the toughest part of the lift is called the valsalva maneuver - only used for very high-level lifters).
- Use the following recommendations according to your personal goals:

STRENGTH	3 – 6 sets	of	1 – 5 repetitions	at 85 – 100 % of 1-RM
ENDURANCE	2 – 4 sets	of	12 – 15 repetitions	at 50 – 70 % of 1-RM
TONE	1 – 3 sets	of	8 – 12 repetitions	at 60 – 80 % of 1-RM

Example order of workout (suggestion):

- a. 3-5 minutes of low- level aerobic activity.
- b. Light dynamic flexibility for warm up.
- c. Resistance Training
- d. Aerobic conditioning- (may also include some anaerobic intervals)
- e. Core conditioning
- f. Stretching / flexibility

Example order of resistance exercises (suggestion):

Lower body

- a. Hips/glutes/legs
- b. Calves

Upper body

- a. Chest
- b. Upper back
- c. Shoulders
- d. Triceps
- e. Biceps

Abdominals and lower back

Changes to the Syllabus:

I reserve the right to change the contents of this syllabus due to unforeseen circumstances. You will be given notice of relevant changes in class, through a Moodle Announcement, and/or through LBCC e-mail.

Accessibility Resources

LBCC is committed to inclusiveness and equal access to higher education. If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in this class, please talk to your instructor as soon as possible to discuss your needs. If you believe you may need accommodations, but are not yet registered with CFAR, please go to <http://linnbenton.edu/cfar> for steps on how to apply for services or call 541-917-4789.

LBCC Comprehensive Statement of Nondiscrimination

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information see Board Policy P1015 in our [Board Policies and Administrative Rules](#). Title II, IX, & Section 504: Scott Rolen, CC-108, 541-917-4425; Lynne Cox, T-107B, 541-917-4806, LBCC, Albany, Oregon. To report:

linnbentonadvocate.symplcity.com/public_report

Academic Honesty: Students are expected to be honest and ethical in their academic work. Academic dishonesty is defined as an intentional act of deception in one of the following areas:

Cheating- use or attempted use of unauthorized materials, information or study aids.

Fabrication- falsification or invention of any information

Assisting- helping another commit an act of academic dishonesty

Tampering- altering or interfering with evaluation instruments and documents

Plagiarism- representing the words or ideas on another person as one's own.

Safety

-- Safety on our campus and in our communities is everyone's responsibility. By recognizing and reporting behavior at LBCC you believe to be a potential concern, you can help our LBCC community members get the assistance and services they might need. Incidents observed or persons of concern at LBCC can be reported online via the [reporting web link](http://www.linnbenton.edu/public-safety-emergency-planning-ehs/lbcccare-threat-assessment-team) found at <http://www.linnbenton.edu/public-safety-emergency-planning-ehs/lbcccare-threat-assessment-team> or by contacting LBCC Campus Public Safety office - 541-917-4440 or officer on duty - 541-926-6855 (7x24 cell phone).

Basic Needs:

Any student who has difficulty affording groceries or food, or who lacks a safe and stable place to live, is urged to contact Amanda Stanley, stanlea@linnbenton.edu, 541-917-4877. Students can also meet a Student Resource Navigator in the Roadrunner Resource Center (now located back behind the Advising Center). The navigator can connect students to resources. [Click HERE for a link to their web page.](#)

WARNING OF RISKS

Participation in any Physical Fitness, Exercise or Weight Training class may involve injury of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life.

Injuries in a Physical Fitness, Exercise or Weight Training class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 pounds or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from miss-fitted or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form. If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights, and as such, I have been encouraged above to seek legal counsel before signing.