Course Prefix and Number: HLPE 106
Credit hours: 1

Course Title: Fitness for Life

Course Prerequisites: None

Textbook(s): None

Course Description: The primary objective of the course is to improve cardiovascular endurance, muscular strength, flexibility, and body composition through a variety of exercise training programs.

Learning Outcomes:

At the end of the course, the student will:

A. demonstrate knowledge of fitness for life through written test, special assignments, and participation activities;
B. measure student fitness performance through pre and post skill test scores;
C. assess the role of fitness in the control of stress;
D. determine the importance of nutrition and the role of fitness in life-long weight control.

To achieve the learning outcomes, the student will:

1. relate the components of fitness; (A)
2. recognize the benefits of a healthy lifestyle; (A)
3. determine fitness status; (B)
4. recognize how nutrition fits into overall fitness effort; (D)
5. interpret how diet and exercise impact weight management; (D)
6. recognize and learn ways to cope with stress; (C)
7. recognize why substance abuse is harmful; (A)
8. explain how the goal-setting process works. (A)

Course Requirements: The following are intended to help the learner meet the stated learning outcomes of the course: students will attend class; students will be evaluated on results of semester exams; students will be required to participate in class discussions and activities.

In addition to requirements stated herein, each instructor will communicate additional requirements unique to his/her section via the instructor’s section syllabus.
Course Grading Scale:

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

Attendance Policy: The college attendance policy is available at http://www.bpcc.edu/catalog/current/academicpolicies.html

Course Fees: $20.00

Nondiscrimination Statement: Bossier Parish Community College does not discriminate on the basis of race, color, national origin, gender, age, religion, qualified disability, marital status, veteran's status, or sexual orientation in admission to its programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of its operations. Bossier Parish Community College does not discriminate in its hiring or employment practices.

Title VI, Section 504, and ADA Coordinator
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Phone: 318-678-6539
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Title IX and Equity/Compliance Coordinator
Teri Bashara, Director of Human Resources
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