Student Learning Outcome: Effectively demonstrate fitness assessment technique.

Instructor: Robert dos Remedios

Dear Student,

Welcome to KPET 201, Principles of Physical Fitness and Conditioning! You have registered for 100% online class that will have ZERO in-person meetings during the semester. Be sure to follow the calendar carefully and always check the announcements on the Blackboard site for assignment due dates, changes etc.

You are expected to log onto the CANVAS site every day (sometimes numerous times a day) as will be posting announcements, assignments, and discussion topics that you will be expected to participate in each week.

**IMPORTANT** This is a 16-week course squashed into a 8-week session, I cover the exact amount of information and expect the same amount of time on your part. If you are unable to commit at least 6+ hours per week to this online class I would advise dropping as I expect participation every single day (often multiple times per day).

DATES: check your class schedule in MY CANYONS for “start” and “end” dates, as well as deadlines associated with withdrawal

CANVAS LMS -

Learning Management System Information: Previously you might have used Blackboard, a learning management system (LMS), to access your course. This course utilizes a LMS called Canvas for our (discussions, grades, resources, assignments etc.). Please log into Canvas by visiting https://coc.instructure.com by the (1st day of class). Login information will be emailed to you prior to the start of the course. If you haven’t used or want a refresher on Canvas, please visit the guides.
Course Overview

This course will introduce the basic concepts of physical fitness, nutrition, health promotion and disease prevention. Introduction to fitness and performance related fitness components along with the formulation of sound health and fitness choices and decisions will be covered and discussed.

Students will be exposed to fitness assessment and evaluation methods in all 11 health and skill-related fitness components. In addition, the science of "sport-specific & Advanced conditioning" will also be addressed.

Course Objectives

Upon successful completion of this course students will be able to:

• Identify and explain how lifestyle plays a role in personal fitness levels
• Identify and explain all health-related and fitness-related fitness components
• Evaluate and explain the role of nutrition and body composition on exercise and activity
• Formulate sound basic exercise programs
• Assess the role of the physical activity pyramid
• Make intelligent choices that contribute to a healthy lifestyle
• Choose appropriate assessment tools for various fitness components
• Identify new and innovative training concepts, tools, and techniques

Required Texts

The following required books are available in the College of the Canyons bookstore:


Class Schedule:

See the ‘calendar’ on Canvas for a detailed schedule of assignments and due dates

Discussions:

Discussions serve as huge part of the learning and exploration of the materials in this course. You are expected to participate ALL WEEK LONG (one post and AT LEAST one response to another posting) in the discussions – only those who answer the discussion topic/question AND participate with others throughout the week will get full credit.
**Late Work:**

Late work will NOT be accepted under any circumstances. It is your responsibility to stay ahead of the schedule. Losing internet connection, having an issue pop up etc. will not be an excuse for being late. All Assignments are posted over a week in advance of the due date so plan accordingly.

Sincerely,

*Robert dos Remedios, MA, CSCS, MSCC*

*Director of Speed, Strength & Conditioning*

*Professor Kinesiology-Physical Education College of the Canyons*

*Office : WPEK-13 Phone: 661-362-3527*