

**HPER 2150
Aerobic Conditioning
Fall 2011**

HPER 2150 REVISED Block Schedule

Date	Tuesday	Date	Thursday
11/15	Meet in 1076 LAB 11 Student activities IV	11/17	Assessment Principles Assigned Reading: pg. 207-222 DUE: FNJ check 6 (p. 30, 83) Peer instruction reflection (1 pg)
11/22	Assessing Health-related Fitness Assigned Reading: pg. 223-236	11/24	THANKSGIVING BREAK
11/29	Quiz 5: Assessment Review Personal Fitness plans & progress	12/1	Personal fitness plan project work
12/6	Course wrap-up, student evaluations Knowledge Post-test DUE: FNJ check 7 (12-week; p. 31, 32, 73-78)	12/8	Meet in 1076 LAB 12 Fitness Testing: FITNESSGRAM (get F'gram codes)
Mon 12/12	8-10a.m. final: Physical Best Certification Test (open book and notes) in COMPUTER LAB DUE: \$35 or \$55 Certification fee online Pre-/Post-test Fitnessgram reports		