

**HPER 2150
Aerobic Conditioning
Fall 2009**

Revised Block Schedule

| Date | Tuesday | Date | Thursday |
|--------------|-------------------------------------------------------------------------------------------------------------------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9/29 | <i>Quiz 1: Foundations of H-R Fitness</i> Training Principles Assigned Reading: pp. 39-48 | 10/1 | Aerobic Fitness Assigned Reading: pg. 63-81 DUE: THRZ practice worksheet |
| 10/6 | Outside assignment DUE: FNJ check 2 (p. 25, 79) | 10/8 | Outside assignment |
| 10/13 | Meet in 1074 LAB 3 Aerobic Lab | 10/15 | <i>Quiz 2: Aerobic Fitness</i> Muscular Strength/Endurance Assigned Reading: pg. 83-104 |
| 10/20 | Meet in 1074 LAB 4 Strength/Endurance Lab | 10/22 | <i>Quiz 3: Muscular Strength/Endurance</i> Flexibility Assigned Reading: pg. 105-119 DUE: FNJ check 3 (p. 26, 80) |
| 10/27 | Meet in 1074 LAB 5 Flexibility Lab | 10/29 | <i>Quiz 4: Flexibility</i> Nutrition, Body Composition Assigned Reading: pg. 49-60, 121-134 DUE: FNJ check 4 (6-week ck-up; p. 27, 28, 81) |
| 11/3 | Meet in 1074 LAB 6 Body Composition Lab | 11/5 | <i>Quiz 5: Nutrition, Body Composition</i> Group preparation for Teaching Labs Dry Run: Setting up activities DUE: FNJ check 5 (p. 29, 82) Individual activities outlines for CV acts. |
| 11/10 | Meet in 1076 LAB 7 Student activities II | 11/12 | Meet in 1074 LAB 8 Student activities II |
| 11/17 | Meet in 1076 LAB 9 Student activities III | 11/19 | Meet in 1074 LAB 10 Student activities III |
| 11/24 | Assessment Principles Assigned Reading: pg. 201-219 DUE: FNJ check 6 (p. 30, 83) | 11/26 | Thanksgiving NO CLASS |
| 12/1 | Assessing Health-related Fitness Assigned Reading: pg. 221-239 | 12/3 | Meet in 1074 LAB 11 Fitness Testing: FITNESSGRAM DUE: FNJ check 7 (12-week; p. 31, 32, 73-78) |
| 12/8 | <i>Quiz 6: Assessment</i> Review Personal Fitness plans & progress | 12/10 | Course wrap-up, student evaluations Knowledge Post-test DUE: Pre-/Post-test Fitnessgram print outs |
| Mon 12/14 | 8-10:00 a.m. final: Physical Best Certification Test (open book and notes) in COMPUTER LAB | | |