

**BARNARD COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION**

**PERSONAL FITNESS
PHED 1102**

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Course Description: This course is designed to introduce the student to the information and skills which will enable her to participate in a variety of fitness activities safely and effectively. This will include a discussion of the principles of fitness and nutrition and how to apply them. Specifically, the course will investigate methods of achieving improvements in muscular strength, muscular endurance, cardiovascular fitness, flexibility, and body composition while employing sound diet, stretching, calisthenics and weight training (equipment and techniques). The student will have the opportunity to design a personalized fitness program.

Course Objectives:

To develop basic knowledge of the essentials of physical fitness.

To demonstrate and develop basic skills in physical assessment and performance.

To develop basic competence in the development of a personalized comprehensive fitness regimen.

To develop a greater appreciation for personal fitness and the benefits of life long activity.

Course Requirements: Students must:

Be in class, ready to participate on time.

Be dressed in exercise clothing and footwear.

Demonstrate proper use of all fitness/weight training equipment.

Miss no more than 4 classes.

Course Coverage

Basic and Intermediate Fitness Concepts

(Theories and demonstrations of specific activities)

Flexibility

Muscular Strength

Muscular Endurance

Cardiovascular Fitness

Nutrition

Anthropometrics / Body Composition

* There will be 3 fitness evaluations throughout the semester.