**Syllabus/ Course Outline HPED 106 Physical Exercise**

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| **Course Name: Physical Exercise** | | |
| **Course Code: HPED 106** | **Course Type (elective)** | **Course Credits: 1** |
| **Class Timings: 15:00-16:00** | **Section: A** | **Student Meeting Hours/ Office Hours: 10:00 -12:00 Monday to Friday** |
| **Instructor Name: Shahzad Nazir** | | |
| |  | | --- | | **A Note from the Instructor:**  Students will learn a sense of preparedness for the future. Students develop self-discipline, motivation and leadership skill that they will need to succeed in building a purposeful life. Always give instructions positively. While given instruction be clear and concise. Show athletes the correct techniques (demonstrate) reinforce efforts and progress. Student can improve cardiovascular health, Help manage weight, Low risk of heart disease stroke and diabetes. Enhance aerobic fitness improve muscular strength and endurance. Improve joints flexibilities and range of motion, stress relief. | | | |
| **Instructor Contact Details**  **Email:** shahzadnazir@fccollege.edu.pk  **[Optional] Mobile:** 0300-9472665  Other:  **Office Hours (face to face and/ or online):** 10:00 to 12:00, Monday to Friday  Guidelines for contacting instructor: | | |
| **Course Description:**  The course focuses on principles of physical fitness, risk factors for cardiovascular disease and how to avoid/overcome them through weight control, exercise, and nutrition.  This class involves body weight and machine exercises; athletic movements work on all major muscle groups; use high repetitions and low weights to increase muscle endurance and strength. | | |
| **Technology Requirements:**  *Gym and Athletics Track* | | |
| **Program Objectives Addressed:**  A. The objective of this course is to familiarize students with physical exercises in gym and open air  B. The course aims to equip them with necessary trainings and knowledge of gym equipment.  C. The students will also be introduced to the aerobic, anaerobic and flexibility exercises.  D. The objective of this course is to gain a basic understanding of the role of physical activity in a healthy lifestyle in current situation. | | |
| **Course Objectives/By the end of the course students will be able to:**   1. Explain the positive effects of physical activities on human body. . 2. Show improved physical fitness. 3. Able to make Exercise session plan 4. Demonstrate physical exercises to develop body fitness 5. Describe the concept of aerobic, anaerobic and flexibility exercises | | |

**Course contents, Learning Material & Activities Schedule**

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| **Some important links to review for Blended Instruction:**   * [Guide for Preparing your Blended Course](https://docs.google.com/document/d/1rV-VJO1dkTIn7uVmHENsJJz_LQjzR0aKFLHQ022XCRs/edit) |

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| **Wk** | **Lec-ture No.** | **Course**  **Objectives/**  [**Student Learning**](https://docs.google.com/document/d/1me9vpl8iKR_zNX9gIODm7gkVFY9VkuSKpUJe1VyI57M/edit)  [**Outcome**](https://docs.google.com/document/d/1me9vpl8iKR_zNX9gIODm7gkVFY9VkuSKpUJe1VyI57M/edit)**s**  **(SLOs)** | **Topic/ Title** |
| 0 | e.g | After successful completion of the module, student will be able to:  **1.**  **2.**  **3.**  **4.**  **5.**  **6.** | **Title:**  Intro to….. |
| 1 | 1 | Introduction of physical exercises | Physical Exercises |
| 2 | Importance of physical fitness. | Physical Fitness |
| 2 | 3 | Introduction of General warm up. | Warm Up |
| 4 | Practical – Warm up and cool down | Warm Up |
| 3 | 5 | Practical – Warm up physical exercises and Jogging | Warm Up |
| 6 | Practical – Warm up physical exercises and jogging | Warm Up |
| 4 | 7 | Practical – Warm up and learn upper body physical exercises | Upper Body Exercises |
| 8 | Practical – Warm up and learn lower body physical exercises | Lower Body Exercises |
| 5 | 9 | Warm up and learn abdominal exercises | Abdominal Strength |
| 10 | Practical – Exercises that enhance Flexibility | Range of Movement |
| 6 | 11 | Practical – warm up and Exercises that enhance flexibility | Range of Movement |
| 12 | Practical – Warm up and Exercises that enhance Flexibility | Range of Movement |
| 7 | 13 | Practical – circuit training exercises  (4 sets of 10 reps each exercise)  Chest & Arms  Barbell Bench-press  Dembele curls Barbell incline press Incline dumbbell press  Seated dumbbell curls | Gym Circuit Training |
| 14 | Practical – Legs & Shoulders  (4 sets of 10 reps each exercise)  Squats, Shoulder press, Seated Leg curls, Dumbbell press Hamstring curls, One arm dumbbell raises | Gym Circuit Training  Leg and Shoulder |
| 8 | 15 | Practical – Shoulder and Arms (Triceps).  (4 sets of 10 reps each exercise)  Front Shoulder press  Pull Down  Back Shoulder press  Close Grip barbell bench press  Seated dumbbell shoulder press  Ez-Bar skull crusher | Gym Circuit Training  Arm and Shoulder |
| 16 | Practical – Leg and Biceps  (4 sets of 10 reps each exercise)  Legs press  Barbell curls  Lungs  Close grip strolling barbell curls  Squats  Wide grip stand barbell curls | Gym Circuit Training  Legs and Bicep |
| **MIDTERMS if Applicable** | | | |
| 9 | 17 | Practical – Chest & shoulders  (4 sets of 10 reps each exercise)  Bench Press  Seated dumbbell press  Incline dumbbell press  Dumbbell upright  Dumbbell fly’s  Ez-Bar upright row | Gym Circuit Training  Chest and Shoulder |
| 18 | Practical – Legs and Arms  (4 sets of 10 reps each exercise)  Leg Extension  Bicep’s barbell curls  Leg press  Biceps close Ez Bar curls  Leg lunges  Biceps-Hammer curls | Gym Circuit Training  Legs and Arms |
| 10 | 19 | Practical—Chest and Arm Triceps  (4 sets of 10 reps each exercise)  Chest Barbell bench press  Triceps rope pushdown  Incline bench press  Triceps EZ Bar skull crusher  Pullover dumbbells | Gym Circuit Training  Chest and Arms |
| 20 | Practical – Chest and Back  (4 sets of 10 reps each exercise)  Decline bench press  Back pulldown  Inclined Dumbbell Flies  Close Grip front pull down  Dumbbell pull over | Gym Circuit Training  Chest and Back |
| 11 | 21 | Practical – Chest and Back  (4 sets of 10 reps each exercise)  Bench press  Incline bench press  Incline bench dumbbell fly’s  Pullover  Back pulldown  Close grip pulldown | Chest and Back Development Exercises |
| 22 | Practical – Arms Biceps  (4 sets of 10 reps each exercise)  Dumbbell curls  Bar curls  Hammer curls  Close Ez Bar curls | Bicep muscles Development Exercises |
| 12 | 23 | Practical – Legs  (4 sets of 10 reps each exercise)  Standing squats without weight  Leg Extension  Leg press  Lunges  Hamstring curls | Leg Development Muscle exercises |
| 24 | Practical – Shoulder  (4 sets of 10 reps each exercise)  Machine shoulder press (Font and Back)  Seated dumbbell press  Dumbbell front raise  Dumbbell Side raise | Shoulder Muscle development exercises |
| 13 | 25 | Practical Chest, Back, Shoulders, Legs, Biceps, Triceps  (4 sets of 10 reps each exercise)  Chest – Barbell Bench Press –  Back – Lat-pulldown  Shoulders – Seated Dumbbell Press –  Legs – Leg Extensions –  Biceps – Barbell Biceps Curls –  Triceps – Triceps Rope Pushdowns – | Combination of Exercises |
| 26 | Practical – Legs, Triceps, Biceps, Chest, Back, Shoulder  (4 sets of 10 reps each exercise)  Legs – Leg Press Machine –  Triceps – Overhead Bar Extensions –  Biceps – EZ Bar Curls –  Chest – Machine Chest Press –  Back – T-Bar Row –  Shoulders –Front Raises – | Combination of exercises |
| 14 | 27 | Practical – Shoulders, Back, Chest, Legs, Triceps, Biceps  (4 sets of 10 reps each exercise)  Shoulders Press  Back – Close-Grip Pulldowns  Chest – Cable Fly  Legs – Lunges  Triceps – Skull crushers  Biceps – Dumbbell Curls - | Combination of exercises |
| 28 | Practical – Chest, Shoulders and Triceps  Chest  (4 sets of 10 reps each exercise)  Bench Press –  Incline Dumbbell Bench Press –  Triceps  Skull crushers  One Arm Dumbbell Extension  Triceps Extension  Shoulders  Barbell Front and back Press  Dumbbell Front Raise  Dumbbell side Raise | Combination of exercises |
| 15 | 29 | Final practice – General warm up upper and lower body exercises |  |
| 30 | Final Practice – designing Daily exercise session plan |  |
| 16 |  | Practical – Final Exam |  |

**Note:**

* Assessments can be divided into formative and summative:
  + Formative:
    - Practical, Videos, Lectures and Discussion
    - Practical on Field
  + Summative:
    - Discussion

**Grade Determination & Course Assessment as per FCC Policy:**

Practical on field, Assignments, Viva, Make up Classes, Retake Exam

**Grading Legend**

Below is the grading legend of FCCU (published in all catalogues and available on the FCCU website) as approved by the Academic Council

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| **Grades** | **Quality Points** | **Numerical Value** | **Meaning** |
| A | 4.00 | 93-100 | Superior |
| A- | 3.70 | 90-92 |
| B+ | 3.30 | 87-89 | Good |
| B | 3.00 | 83-86 |
| B- | 2.70 | 80-82 |
| C+ | 2.30 | 77-79 | Satisfactory |
| C | 2.00 | 73-76 |
| C- | 1.70 | 70-72 |
| D+ | 1.30 | 67-69 | Passing |
| D | 1.00 | 60-66 |
| F | 0.00 | 59 or below | Failing |
| NS | 0.00 | 0.00 | Did not show up in class |
| W | - | - | Officially Withdrawn |
| AW | - | - | Administrative Withdrawal/Dismissal |
| AU | - | - | Audit/Listener Status |
| I | - | - | Incomplete |
| T | - | - | Transferred credit |

The entire course is worth 100%, the breakup is as follows (for example):

**Class Participation 20**%

**Final term exam: (Practical)**  **80**%

**TOTAL** 100%

**Attendance Policy:**

80%