



Health and Sports Science Module Handbook
Faculty of Sports Science Universitas Negeri Makassar

Module designation		<i>Physical Fitness</i>				
Semester(s) in which the module is taught		1				
Person responsible for the module		Etno Setyagraha, S. Or., M. Or.				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 2 hours x 14 weeks 2) Practical class: -				
Workload	Total workload	88 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	28	28	28	4	88
	Practical class					
	Total					88
Credit points		2 credits				
Required and recommended prerequisites for joining the module		None				
Module objectives / intended learning outcomes		By the end of this course student will be able to: 1. Define and understand the terms in physical fitness together with its objectives. 2. Describe how to improve the basic components of physical fitness: cardiovascular condition, muscle flexibility, muscle strength and endurance, and body composition. 3. Demonstrate physical fitness techniques. 4. Analyze basic skill performance in physical fitness and implement ideas and concepts to improve skill level. 5. Describe types of physical fitness. 6. Evaluate oneself as to a healthy fit individual. 7. Innovate new ideas on how to improve oneself. 8. Analyze their physical fitness levels.				



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<p>Content</p>	<ol style="list-style-type: none"> 1. Definition/Meaning of physical fitness. 2. Physical fitness components. 3. Physical fitness tests (sit and reach, curl-ups/sit-ups, push-ups, standing long jump, running). 4. Body Mass Index (BMI). 5. Monitoring heart rate. 6. Body composition (What is body composition & why does it matter, assessing body composition). 7. Health and exercise (definition of exercise, types of exercise, principles of exercise, phases of exercise). 8. Muscular strength and endurance (Assessing muscle strength and endurance, factors affecting muscular fitness, strength, and muscular development). 9. Cardiorespiratory endurance (Aerobic & anaerobic exercise, assessing cardiorespiratory endurance, developing cardiorespiratory endurance). 10. Muscular flexibility (Assessing flexibility, benefits of good flexibility, factors affecting flexibility, developing muscular flexibility). 11. Development of a fitness program (Planning exercise for health and fitness, traditional fitness activities, tailoring exercise to health circumstances).
<p>Exams and assessment formats</p>	<p>Quizzes: Quizzes start at the beginning of class. Students will have 15 minutes to complete the quiz. If they miss a quiz due to lateness or absenteeism, they will not be allowed to make-up the quiz. Quizzes will cover material from assigned lectures, book chapters, and articles. Quiz format will be a combination of fill in the blank, multiple-choice, short answer, and /or matching.</p> <p>Weight: 20%</p> <p>Mid and Final Semester Exams</p> <p>There will be 2 exams based on assigned readings and in-class discussions. Exam format will be a combination of true/false, multiple-choice, and short answer questions.</p> <p>Weight: 80%</p>



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Study and examination requirements	The exam is conducted 2 times, namely mid-semester and final semester. Students are expected to attend all classes unless circumstances prevent them from attending and an email was sent prior to class. Final grading will be based on students' attendance, their participation in the quizzes, and their scores in mid and final examinations.
Reading list	<p>Hoeger, W., Hoeger, S., Hoeger, C., & Fawson, A. (2019). <i>Lifetime Physical Fitness and Wellness: A Personalized Program</i>, 15th Edition. Cengage Learning.</p> <p>Fahey, T. D., Insel, P. M., Roth, W. T., & Insel, C. E. A. (2019). <i>Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness</i>. McGraw-Hill Education.</p>