

**NORTHWESTERN CONNECTICUT COMMUNITY COLLEGE**  
**COURSE SYLLABUS**

**Course Title:** Strength and Tone

**Course #:** HPE 108

**Course Description:**

*This class is suitable for both men and women of all fitness levels.*

Push yourself to the limit in this dynamic body conditioning class taught by an AFAA certified group exercise instructor and Personal Trainer. Consecutive high energy cardiovascular and strength training intervals using a variety of weights and training tools will help participants decrease fat and burn calories while increasing muscle strength and endurance in a pressure free environment. If necessary, modifications to exercises will be shown to suit individual needs and abilities. The instructor will carefully monitor all students for proper form and will make the necessary corrections to avoid any stress or injuries.

Students will need to purchase a mat, hand weights (between 5 & 10 lbs), and resistance tubing. This class is designed to encourage participants to stick to a fitness program and achieve the long-term benefits that are good for both the body and mind.

This class may be taken only for a Pass/Fail grade, or on an Audit (non-grade) basis.

**Credit Hours:** 1

**Pre-requisite/Co-requisite:** None.

**Goals:** Through regular participation in fitness-related activities, students will gain an appreciation of the role that physical exercise plays in the maintenance and improvement of personal health and wellness.

**Outcomes:**

Upon successful completion of the course, students should be able to:

- Report an appreciation of the feeling of well-being exercise offers
- Demonstrate improved muscle tone and cardiovascular endurance
- Show how toning all major muscle groups results in more lean body mass
- Discuss the role that regular exercise plays in reducing the risk of heart disease
- Develop a personal schedule that includes a regular fitness routine

**Required Materials: (please contact instructor to find out where to purchase materials)**

Light hand weights – 5 lbs is recommended to start

Fitness Mat

Resistance Tubing

**Supportive sneakers – No Keds!**

Comfortable clothes that do not restrict movement

## College Policies

**Plagiarism:** Plagiarism and Academic Dishonesty are not tolerated at Northwestern Connecticut Community College. Violators of this policy will be subject to sanctions ranging from failure of the assignment (receiving a zero), failing the course, being removed/expelled from the program and/or the College. Please refer to your “Student Handbook” under “Policy on Student Rights,” the Section entitled “Student Discipline,” or the College catalog for additional information.

**Americans with Disabilities Act (ADA):** The College will make reasonable accommodations for persons with documented learning, physical, or psychiatric disabilities. Students should notify Dr. Christine Woodcock, the Counselor for Students with Disabilities. She is located at Green Woods Hall, in the Center for Student Development. Her phone number is 860-738-6318 and her email is [cwoodcock@nwcc.edu](mailto:cwoodcock@nwcc.edu).

**School Cancellations:** If snowy or icy driving conditions cause the postponement or cancellation of classes, announcements will be made on local radio and television stations and posted on the College’s website at [www.nwcc.edu](http://www.nwcc.edu). Students may also call the College directly at **(860) 738-6464** to hear a recorded message concerning any inclement weather closings. Students are urged to exercise their own judgment if road conditions in their localities are hazardous.

**Use of Electronic Devices:** Some course content as presented in Blackboard Learn is not fully supported on mobile devices at this time. While mobile devices provide convenient access to check in and read information about your courses, they should not be used to perform work such as taking tests, quizzes, completing assignments, or submitting substantive discussion posts.

**Sexual Assault and Intimate Partner Violence Resource Team:** NCCC is committed to creating a community that is safe and supportive of people of all gender and sexual identities. This pertains to the entire campus community, whether on ground or virtual, students, faculty, or staff.

Sexual assault and intimate partner violence is an affront to our national conscience, and one we cannot ignore. It is our hope that no one within our campus community will become a victim of these crimes. However, if it occurs, NCCC has created the SART Team - Sexual Assault and Intimate Partner Violence Resource Team - to meet the victim’s needs.

SART is a campus and community based team that is fully trained to provide trauma-informed compassionate service and referrals for comprehensive care. The team works in partnership with The Susan B. Anthony Project to extend services 24 hours a day, 7 days a week throughout the year.

The NCCC team members are:

Ruth Gonzalez, Ph.D.	860-738-6315	Green Woods Hall Room 207
Susan Berg	860-738-6342	Green Woods Hall Room 223
Kathleen Chapman	860-738-6344	Green Woods Hall Room 110
Michael Emanuel	860-738-6389	Founders Hall Annex Room 308
Seth Kershner	860-738-6481	Library
Jane O’Grady	860-738-6393	Founders Hall Annex Room 212
Robin Orlomoski	860-738-6416	Business Office Room 201
Patricia Bouffard, Ex-Officio	860-738-6319	Founders Hall Room 103
Savannah Schmitt		Student Representative

At NCCC we care about our students, staff and faculty and their well-being. It is our intention to facilitate the resources needed to help achieve both physical and emotional health.