

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Current Topics & Issues in Exercise Science
<b>COURSE NUMBER</b>	EXSC-0116
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	1
<b>CONTACT HOURS/WEEK</b>	Class: 1
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	None

## COURSE DESCRIPTION

There are no on-ground meetings with this class.

This course examines significant and recent topics or development in the field of exercise science, wellness, health and fitness. It is also designed to integrate topics from a variety of disciplines and other health care providers in area which have common interest. Emphasis will be placed on current educational topics such as relaxation & stress management, weight management & nutrition, alternative medicine, new cardiovascular and strength exercise techniques, professional credentials, hypokinetic diseases, and fitness testing which have an immediate impact on the exercise science profession.

## TEXTBOOKS

<http://kckccbookstore.com/>

## METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

## COURSE OUTLINE

The course outline is indicated below in general topical or subject matter. However, this outline is subject to change due to current issues and topics related to the health field.

- I. An overview of how the topic and subject matter will help individuals in the exercise science and wellness profession.
  - A. Need for the information

- B. Objective of the information presented
- C. Definitions Research that has been conducted supporting this topic Studies that support the topic
- II. An introduction to exercise science service topics which could provide an insight to the profession.
  - A. Local
  - B. County
  - C. State
  - D. National
- III. Recent research in the area of exercise science, wellness, health and fitness.

### **COURSE LEARNING OUTCOMES**

Upon successful completion of this course, the student will:

- A. Describe current problems associated with exercise science.
- B. Ability to review the current literature on new topics in exercise science.
- C. Identify the technology changes in exercise science
- D. Review of research relevant to the field of exercise science.

### **ASSESSMENT OF COURSE LEARNING OUTCOMES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

### **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.