

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Wellness & Fitness Center II
<b>COURSE NUMBER</b>	EXSC-0149
<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: 1.7
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	None

## COURSE DESCRIPTION

“Wellness & Fitness Center II” is a one credit hour graded exercise class. Participants exercise at the Wellness & Fitness Center for a minimum of 22 hours per semester. This course is designed specifically for the person who is interested in cardiorespiratory endurance. Students on financial aid can take this class two times.

## 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

- I. Fitness Screening and Orientation
  - A. Heart Rate Check
  - B. Blood Pressure Check
  - C. Medical History
  - D. Orientation to the Fitness Center Rules and Equipment Usage.
- II. Completion of 20 hours of exercise at the Fitness Center.
- III. Cardiorespiratory Endurance
  - A. HIIT Principle (High Intensity Interval Training)
  - B. Aerobic and Anaerobic

## **COURSE LEARNING OUTCOMES**

Upon successful completion of this course, the student will:

- A. Demonstrate an understanding of aerobic and anaerobic
- B. Practice appropriate exercise frequency.
- C. Select appropriate high intensity exercises

## **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>.