

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Personal Fitness
COURSE NUMBER	EXSC-0152
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	2
CONTACT HOURS/WEEK	Class: 2
PREREQUISITES	None
COURSE PLACEMENT	None

COURSE DESCRIPTION

“Personal Fitness” is a two credit hour, graded exercise class. Participants exercise and attend seminars at the Wellness & Fitness Center for a minimum of 22 hours per semester. Students will also complete The Wellness Workbook. There is a required pre- and post-fitness assessment. Participants can also take advantage of nutrition analysis, body fat testing, and personal training for an additional fee.

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 Fitness Center Rules and Equipment Usage II. Completion of 22 hours of Exercise at the Fitness Center
- III. Completion of The Wellness Workbook including the pre- and post-fitness assessments.

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. Show an improvement of overall fitness
- B. Schedule workouts so appropriate workout time is completed
- C. Demonstrate an understanding of exercise intensity
- D. Interpret the dimensions of wellness
- E. Select appropriate fitness activities to reach personal goals

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>.