

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Lifetime Fitness
COURSE NUMBER	EXSC-0206
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	3
CONTACT HOURS/WEEK	Class: 3
PREREQUISITES	None
COURSE PLACEMENT	None

COURSE DESCRIPTION

This course is designed to expose students to the dimensions of wellness, with an emphasis on the benefits of physical fitness. Risk factors for heart disease and cancer, as well as a variety of personal health issues are covered. Students are required to exercise a minimum of **22 hours** at a Fitness Center to improve their physical wellness. If you live in the area the KCKCC Wellness & Fitness Center is available to you; otherwise it is your responsibility find a Fitness Center in your area to meet this requirement. The Fitness Center **MUST** have staff that is certified in exercise to answer your fitness questions. Absolutely **NO** exercise is to be done on your own and out of your house. On-ground meetings for this course are not required. If you miss any 3 weeks in succession of submitting weekly assignments and/or discussion topics you may be subject to an administrative withdrawal from this course. Weekly assignments and discussion topics do have due dates and points can be deducted for late submission at the discretion of the instructor.

Program Learning Outcomes

1. Student will be able to analyze and implement an appropriate assessment of the client to determine their exercise needs
2. Student will be able to discuss the importance of exercise science as it relates to enhancing and recognizing health and fitness activities, sports and athletic performance
3. The student will be able to recognize incorrect lifting technique and develop a plan for error correction.

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. The Components of Fitness
 - A. Goal setting
 - B. cardiovascular endurance
 - C. muscular strength
 - D. muscular endurance
 - E. flexibility
 - F. body composition.
- II. The Wellness Dimensions
 - A. Physical
 - B. Spiritual
 - C. Intellectual
 - D. Career/Occupational
 - E. Social
 - F. Emotional
- III. Nutrition
 - A. Carbohydrates
 - B. Fats
 - C. Proteins
 - D. Vitamins
 - E. Minerals
 - F. Water
- IV. Stress Management
 - A. Fight or Flight Response
 - B. Relaxation
 - C. Exercise
 - D. Time Management
- V. Drug Abuse
 - A. Alcohol
 - B. Tobacco
 - C. Substance Use and Abuse
- VI. Major Lifestyle Diseases.
 - A. Cancer
 - B. Cardiovascular Diseases
 - C. Diabetes
 - D. Obesity
 - E. Hypertension

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. Be able to understand the proper steps to goal setting.
- B. Be able to develop a personal fitness program.
- C. Be able to differentiate between the five wellness dimensions
- D. Be able to understand how to establish healthy eating habits.
- E. Be able to recognize and control stress.
- F. Be able to explain drug abuse and its consequences.
- G. Be able to know the major lifestyle diseases.

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>.