

## Administrative Master Syllabus

### Course Information

<b>Course Title</b>	Introduction to Physical Fitness and Wellness
<b>Course Prefix, Num. and Title</b>	PHED 1164
<b>Division</b>	Life Sciences
<b>Department</b>	Kinesiology
<b>Course Type</b>	Academic WCJC Core Course
<b>Course Catalog Description</b>	An introduction and overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training.
<b>Pre-Requisites</b>	None
<b>Co-Requisites</b>	Enter Co-Requisites Here.

### Semester Credit Hours

<b>Total Semester Credit Hours (SCH): Lecture Hours:</b>	1:0:3
<b>Lab/Other Hours</b>	
<b>Equated Pay Hours</b>	2
<b>Lab/Other Hours Breakdown: Lab Hours</b>	3
<b>Lab/Other Hours Breakdown: Clinical Hours</b>	Enter Clinical Hours Here.
<b>Lab/Other Hours Breakdown: Practicum Hours</b>	Enter Practicum Hours Here.
<b>Other Hours Breakdown</b>	List Total Lab/Other Hours Here.

### Approval Signatures

Title	Signature	Date
<b>Prepared by:</b>		
<b>Department Head:</b>		
<b>Division Chair:</b>		
<b>Dean/VPI:</b>		
<b>Approved by CIR:</b>		

## Additional Course Information

**Topical Outline:** Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, and clinical or other non-lecture instruction).

Part I – components of physical fitness and the essential role of exercise

Part II - components of healthy diet and importance of nutrition on wellness

Part III - the role of stress and destructive habits

\*\*\*\* note the above will be integrated into structured periods of aerobic activity, strength training, and or conditioning as students participate in physical activity

### Course Learning Outcomes:

#### Learning Outcomes – Upon successful completion of this course, students will:

1. Describe how the components of physical fitness impact health and wellness.
2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.
4. Plan, implement, and evaluate a personal fitness program.
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

#### Methods of Assessment:

Assessment methods may include but are not limited to:

- Individual fitness plans
- Workout journals
- Measures of fitness such as three-minute step test evaluations
- Quizzes
- Class participation and attendance
- Class presentation on fitness/wellness topic

### Required text(s), optional text(s) and/or materials to be supplied by the student:

None - Course materials may include, but are not limited to instructor handouts, internet resources, or library materials

### Suggested Course Maximum:

24

**List any specific or physical requirements beyond a typical classroom required to teach the course.**

Access to a space (such as a WCJC fitness center) for aerobic exercise, strength, conditioning and cardiovascular training.

**Course Requirements/Grading System:** Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course.

Suggested grading criteria are as follows:

50% attendance and participation

25% personal fitness plan, workout journal or other written activity

25% Quiz average

A=90-100;

B=80-89;

C=70-79;

D=60-69;

F= 59 and below

**Curriculum Checklist:**

- Administrative General Education Course** (from ACGM, but not in WCJC Core) – No additional documents needed.
- Administrative WCJC Core Course.** Attach the Core Curriculum Review Forms
  - Critical Thinking
  - Communication
  - Empirical & Quantitative Skills
  - Teamwork
  - Social Responsibility
  - Personal Responsibility
- WECM Course** -If needed, revise the Program SCANS Matrix and Competencies Checklist

### Core Curriculum Review Form

**Foundational Component Area:** Core 080: Social & Behavioral Sciences

**Course Prefix & Suffix:** PHED1164

**Core Objective:**

**Critical Thinking Skills**—to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information

**Student Learning Outcome Supporting Core Objective:**

For each core objective, there must be at least two different methods of assessment.

SLO Status	Student Learning Outcome (SLO)	Learning Activity	Assessment
State Mandated	SLO #1. Describe how the components of physical fitness impact health and wellness.	Course lectures, demonstrations	Section quiz/unit exams Written paper/project Section/midterm/final exam
State Mandated	SLO #4. Plan, implement, and evaluate a personal fitness program	Development of a personal fitness plan	Section quiz/unit exams Written paper/project Section/midterm/final exam
Choose a SLO status.	Insert SLO (from Administrative Master Syllabi)	Provide a brief name and description of the sample learning activity.	Provide a brief name and description of the sample quiz, exam, rubric, assignment, etc. for assessing the objective.

### Core Curriculum Review Form

**Foundational Component Area:** Core 080: Social & Behavioral Sciences

**Course Prefix & Suffix:** PHED1164

**Core Objective:**

**Communication Skills**—to include effective development, interpretation and expression of ideas through written, oral and visual communication

**Student Learning Outcome Supporting Core Objective:**

For each core objective, there must be at least two different methods of assessment.

SLO Status	Student Learning Outcome (SLO)	Learning Activity	Assessment
State Mandated	SLO #4 Plan, implement, and evaluate a personal fitness program	Fitness/wellness presentation	Evaluation of student presentations
State Mandated	SLO #1 Describe how the components of physical fitness impact health and wellness.	Section quiz/unit exams Written paper/project Section/midterm/final exam	Section quiz/unit exams Written paper/project Section/midterm/final exam
Choose a SLO status.	Insert SLO (from Administrative Master Syllabi)	Provide a brief name and description of the sample learning activity.	Provide a brief name and description of the sample quiz, exam, rubric, assignment, etc. for assessing the objective.

### Core Curriculum Review Form

**Foundational Component Area:** Core 080: Social & Behavioral Sciences

**Course Prefix & Suffix:** PHED1164

**Core Objective:**

**Empirical and Quantitative Skills**—to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions

**Student Learning Outcome Supporting Core Objective:**

For each core objective, there must be at least two different methods of assessment.

SLO Status	Student Learning Outcome (SLO)	Learning Activity	Assessment
State Mandated	SLO #3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.	Three-minute step tests data collection and compilations and evaluations	Section quiz/unit exams Written paper/project Section/midterm/final exam
State Mandated	SLO #4 Plan, implement, and evaluate a personal fitness program	Creation of Written personal fitness plans	Section quiz/unit exams Written paper/project Section/midterm/final exam
Choose a SLO status.	Insert SLO (from Administrative Master Syllabi)	Provide a brief name and description of the sample learning activity.	Provide a brief name and description of the sample quiz, exam, rubric, assignment, etc. for assessing the objective.

### Core Curriculum Review Form

**Foundational Component Area:** Core 080: Social & Behavioral Sciences

**Course Prefix & Suffix:** PHED1164

**Core Objective:**

**Social Responsibility**—to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

**Student Learning Outcome Supporting Core Objective:**

For each core objective, there must be at least two different methods of assessment.

SLO Status	Student Learning Outcome (SLO)	Learning Activity	Assessment
State Mandated	SLO #2 Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.	Learning activities include: Lectures, In-class discussions, presentations, Writing assignments, cooperative Learning activities, assigned readings	Section quiz/unit exams Written paper/project Section/midterm/final exam
State Mandated	SLO #5 Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.	Learning activities include: Lectures, In-class discussions, presentations, Writing assignments, cooperative Learning activities, assigned readings	Section quiz/unit exams Written paper/project Section/midterm/final exam
Choose a SLO status.	Insert SLO (from Administrative Master Syllabi)	Provide a brief name and description of the sample learning activity.	Provide a brief name and description of the sample quiz, exam, rubric, assignment, etc. for assessing the objective.