DATE OF LAST REVIEW: 02/2013

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: Current Topics & Issues in Exercise Science

COURSE NUMBER: EXSC0116

CREDIT HOURS: 1 credit

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

EMAIL: Departmental Syllabus

KCKCC-issued email accounts are the official means for electronically communicating with students.

PREREQUISITE(S): None

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com/ for the required texts for your particular course.

COURSE DESCRIPTION: There are no onground 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.

METHOD OF INSTRUCTION: E.g. online discussion, assignment readings, internet search.

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
   D. Research that has been conducted supporting this topic
   E. 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.

EXPECTED LEARNER OUTCOMES:
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.

COURSE COMPETENCIES:
   Describe current problems associated with exercise science
1. The student will describe current topics which have been presented in the field of exercise science, health, wellness and fitness.
2. The student will list materials that has been presented on current topics related to this field.
3. The student will discuss the current issues and problems that relate to exercise science.

   Ability to review the current literature on new topics in exercise science.
4. The student will explain in writing the methods and procedures that can be used in the elimination or identification of problems.
5. The student will be able to explain the procedures, methods or processes that can be used in the problem solving process.

   Identify the technology changes in exercise science
6. The student will demonstrate technical processes that can be used in solving problems or answering questions.
7. The student will outline the changes in current topics
8. The student will discuss the application of new technology
9. The student will discuss the limitation of technology in the field of exercise science
Review of research relevant to the field of exercise science.

10. The student will outline how the changes in the profession will impact exercise science professionals and participants.

ASSESSMENT OF LEARNER OUTCOMES:

Student progress is evaluated by means of exams, written assignments, and class participation.

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Materials included are intended to provide an outline of the course and the rules that the instructor will adhere to in evaluating the student's progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal education opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972 require the college's policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of the Academic Resource Center, Room 3354 or call (913)288-7670.