SYLLABUS

DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Employee Wellness
COURSE NUMBER: EXSC0147
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 our students.

PREREQUISITES: None

REQUIRED TEXT AND MATERIALS:
Student/Staff ID required to check in. Appropriate workout attire. Men over 40 and women over 50 are required to show physician’s approval to exercise. Students with any major medical problems, including cardiovascular disease, hypertension, diabetes, obesity or pregnancy must show physician’s approval. Physician’s approval forms can be picked up at the fitness center prior to the fitness screening.

COURSE DESCRIPTION: Employee Wellness is a one credit hour, graded exercise class. Participants exercise and attend seminars at the Wellness & Fitness Center for a minimum of 22 hours per semester. This course is designed specifically for the employee who is just interested in exercising at the fitness center or at another approved location. This course can be taken continuously each semester.

METHOD OF INSTRUCTION:
All new students must attend an orientation. At the orientation, the student will learn all the rules and regulations of the facility. The instructor will show the students how to individually use each piece of fitness equipment. Each student will have an annual screening. The screening consists of a resting heart rate and blood pressure, and the completion of the consent and medical history forms. The student will then exercise at their assigned workout time without guidance from the instructor unless requested. Various seminars will be offered throughout the semester on Wellness related topics.

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 or another approved location.
EXPECTED LEARNER OUTCOMES:
A. Show an improvement of overall fitness.
B. Demonstrate an understanding of exercise intensity.
C. Practice appropriate exercise frequency.
D. Select appropriate fitness activities to reach personal goals
E. Schedule workouts so appropriate workout time is completed.

COMPETENCIES:

Show an improvement of overall fitness
1. Students will develop/improve cardiovascular endurance.
2. Students will develop/improve muscular strength and endurance.
3. Students will develop/improve flexibility.

Demonstrate an understanding of exercise intensity.
4. Students will understand and learn how to check for target heart rate or RPE.
5. Students will exercise at 60-80% of their maximum heart rate.

Practice appropriate exercise frequency.
6. Students will exercise in the fitness center for 22 hours.
7. Students will plan a workout schedule with appropriate frequency and duration.

Select appropriate fitness activities to reach personal goals.
8. Students will practice a variety of cardiovascular activities.
9. Students will practice a variety of strength activities.
10. Students will practice a variety of flexibility activities.

Schedule workouts so appropriate workout time is completed.
11. Students will workout for a minimum of 22 hours in the Wellness Center per semester.
12. The students will workout a minimum of 30 minutes and a maximum of 2 hours per visit.

ASSESSMENT OF LEARNER OUTCOMES:
Students must complete a minimum of 22 hours of exercise in the Wellness & Fitness Center, or another location approved by the instructor, to receive an A in this course. To earn a B the student must complete 17-20 hours. To earn a C the student must complete 16.5-13.5 hours. To earn a D the student must 12-10 hours. Students who earn less than 10 hours will receive an F grade. Students may attend seminars and review videos, as approved by the instructor, to successfully complete the required 22 hours.

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.

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