DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Wellness & Fitness Center I
COURSE NUMBER: EXSC0148
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:
A KCKCC student ID is required to check in. Students must wear appropriate workout attire while exercising. Men over the age of 45 and women over the age of 55 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: “Wellness & Fitness Center” is a one credit hour pass/no pass 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 person who is interested in muscular flexibility. Students on financial aid can take this class two times.

METHOD OF INSTRUCTION: A variety of instructional methods may be used depending on content areas. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panel, conferencing, performance 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 the Fitness Center Rules and Equipment Usage.
II. Completion of 22 hours of exercise at the Fitness Center.
III. Flexibility
   A. Modes of Training
   B. FITT Principle
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 to pass this course. Students may attend seminars and review videos, as approved by the instructor, to successfully complete the required time.

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 Academic Resource Center, Room 3354 or (913)288-7670.