DATE OF LAST REVIEW: 02/2013

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: Wellness & Fitness Center II

COURSE NUMBER: EXSC0149

CREDIT HOURS: 1 credit

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

EMAIL: Departmental Syllabus

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 cardiorespiratory endurance. 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. Cardiorespiratory Endurance
   A. HIIT Principle (High Intensity Interval Training)
   B. Aerobic and Anaerobic

EXPECTED LEARNER OUTCOMES:
A. Demonstrate an understanding of aerobic and anaerobic
B. Practice appropriate exercise frequency.
C. Select appropriate high intensity exercises

COMPETENCIES:

Demonstrate an understanding of aerobic and anaerobic
1. Students will understand and learn the differences of endurance and speed workouts.
2. Students will figure their target heart rate.

Practice appropriate exercise frequency.
3. Students will exercise in the fitness center for 22 hours.
4. The student will workout a minimum of 30 minutes and a maximum of 2 hours per visit.

Select appropriate high intensity exercises
5. Students will practice a variety of cardiovascular activities.
6. Students will practice interval training programs.
7. Students will exercise at 80-90% of their maximum capacity.

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.

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