COURSE DESCRIPTION: “Personal Fitness” is a two credit hour, graded exercise class. Participants exercise and attend seminars at the Wellness & Fitness Center for a minimum of 22 hours per semester. Students will also complete The Wellness Workbook. There is a required pre- and post-fitness assessment. Participants can also take advantage of nutrition analysis, body fat testing, and personal training for an additional fee. Students on financial aid can take this class two times as EXSC 152, EXSC 153, EXSC 154 and EXSC 155.

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. Students will learn about their own state of personal Wellness through reading and completing The Wellness Workbook.

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
III. Completion of The Wellness Workbook including the pre- and post-fitness assessments.

EXPECTED LEARNER OUTCOMES:

A. Show an improvement of overall fitness
B. Schedule workouts so appropriate workout time is completed
C. Demonstrate an understanding of exercise intensity
D. Interpret the dimensions of wellness
E. Select appropriate fitness activities to reach personal goals

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.
4. Students will understand and learn how to check for target heart rate.

Schedule workouts so appropriate workout time is completed
5. Students will exercise in the fitness center for 22 hours per semester.
6. Students will exercise a minimum of 30 minutes and a maximum of 2 hours per visit.

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

Interpret the dimensions of wellness
9. Students will understand the concept of wellness.
10. Students will analyze their nutritional habits.
11. Students will gain a basic understanding of nutrition.
12. Students will analyze their sleep habits as they relate to intellectual health.
13. Students will analyze social skills as they apply to wellness.
14. Students will analyze their spiritual health.

Select appropriate fitness activities to reach personal goals
15. Students will demonstrate goal setting ability.
16. Students will complete all required sections of the Wellness Workbook.

ASSESSMENT OF LEARNER OUTCOMES:
Students must complete a minimum of 22 hours of exercise in the Wellness & Fitness Center. Students may attend seminars and review videos to successfully complete the required 22 hours. All students must have a yearly fitness screening at the Wellness & Fitness Center. Forty-five percent of the grade will be given for completing all 22 hours of activity. Fifty-five percent of the grade will be given for satisfactory completion of the Wellness Workbook assignments. The workbook is available in the KCKCC bookstore and is due on or before the last day of classes.

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 (913)288-7670.