Syllabus

DATE OF LAST REVIEW: 02/2013

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: Lifetime Fitness

COURSE NUMBER: EXSC0206

CREDIT HOURS: 3 credits

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

COURSE DESCRIPTION: This course is designed to expose students to the dimensions of wellness, with an emphasis on the benefits of physical fitness. Risk factors for heart disease and cancer, as well as a variety of personal health issues are covered. Students are required to exercise a minimum of 22 hours at a Fitness Center to improve their physical wellness. If you live in the area the KCKCC Wellness & Fitness Center is available to you; otherwise it is your responsibility find a Fitness Center in your area to meet this requirement. The Fitness Center MUST have staff that is certified in exercise to answer your fitness questions. Absolutely NO exercise is to be done on your own and out of your house. Onground meetings for this course are not required.

METHOD OF INSTRUCTION:
Online discussion, assigned readings, assignments, video review, and individual exercise.

COURSE OUTLINE:
I. The Components of Fitness
   A. goal setting
   B. cardiovascular endurance
   C. muscular strength
   D. muscular endurance
   E. flexibility
   F. body composition.
II. The Wellness Dimensions
A. Physical
B. Spiritual
C. Intellectual
D. Career/Occupational
E. Social
F. Emotional

III. Nutrition
   A. Carbohydrates
   B. Fats
   C. Proteins
   D. Vitamins
   E. Minerals
   F. Water

IV. Stress Management
   A. Fight or Flight Response
   B. Relaxation
   C. Exercise
   D. Time Management

V. Drug Abuse
   A. Alcohol
   B. Tobacco
   C. Substance Use and Abuse

VI. Major Lifestyle Diseases.
   A. Cancer
   B. Cardiovascular Diseases
   C. Diabetes
   D. Obesity
   E. Hypertension

EXPECTED LEARNER OUTCOMES:

A. The learner will be able to understand the proper steps to goal setting.
B. The learner will be able to develop a personal fitness program.
C. The learner will be able to differentiate between the five wellness dimensions
D. The learner will be able to understand how to establish healthy eating habits.
E. The learner will be able to recognize and control stress.
F. The learner will be able to explain drug abuse and its consequences.
G. The learner will be able to know the major lifestyle diseases.

COURSE COMPETENCIES:

Understand the proper steps to goal setting.
1. The student will be able to write a well-planned goal.
2. The student will be able to set a personalized goal.
3. The student will be able to set a realistic goal.
4. The student will be able to set a measurable goal.
5. The student will be able to set a time-planned goal.
6. The student will be able to set a monitored goal.
7. The student will be able to set an evaluated goal.

Develop a personal fitness program.
8. The student will be able to determine readiness to start an exercise program.
9. The student will be able to learn the factors that govern cardiorespiratory exercise prescription (the FIT Principle).
10. The student will be able to understand the variables that govern development of muscular strength and endurance.
11. The student will be able to recognize the factors that contribute to the development of muscular flexibility.
12. The student will be able to write a personal exercise program.
13. The student will be able to learn ways to enhance adherence to exercise.

Differentiate between the five wellness dimensions
14. The student will be able to understand the wellness concept.
15. The student will be able to describe physical wellness.
16. The student will be able to describe social wellness.
17. The student will be able to describe spiritual wellness.
18. The student will be able to describe emotional wellness.
19. The student will be able to describe intellectual wellness.
20. The student will be able to describe career and occupational wellness.

Understand how to establish healthy eating habits.
21. The student will be able to describe how nutrition relates to health and wellbeing.
22. The student will be able to explain the function of nutrients in the human body.
23. The student will be able to recognize the food pyramid and use it to achieve a balanced diet.
24. The student will be able to recognize eating disorders.
25. The student will be able to understand the physiology of weight control.

Recognize and control stress.
26. The student will be able to list the physiological reactions in the fight or flight response.
27. The student will be able to identify major personal sources of stress.
28. The student will be able to develop personal time management skills.
29. The student will be able to learn to use relaxation techniques.

Explain drug abuse and its consequences.
30. The student will be able to list the effects of tobacco use.
31. The student will be able to identify the physiological responses to alcohol abuse.
32. The student will be able to list illegal recreational drugs.

Know the major lifestyle diseases.
33. The student will be able to understand the importance of implementing a healthy lifestyle program.
34. The student will be able to pinpoint hypokinetic diseases
35. The student will be able to become acquainted with cancer prevention guidelines.
36. The student will be able to list the signs and symptoms of cardiovascular disease.
37. The student will be able to differentiate between Type I and Type II diabetes.
38. The student will be able to understand the side effects of obesity.
39. The student will be able to explain preventative steps to avoid hypertension.

ASSESSMENT OF LEARNER OUTCOMES: Student progress is evaluated by means of exams, written assignments, and classroom participation.
SPECIAL NOTE:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and 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 educational 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, in Rm. 3354 or call at: 288-7670.