**BARTON COUNTY COMMUNITY COLLEGE**

##### COURSE SYLLABUS

## I. GENERAL COURSE INFORMATION

Course Number: PHED 1321

Course Title: Physical Fitness I

Credit Hours: 1

Prerequisites: None

Division/Discipline: Academics/Health, Physical Education and Recreation

Course Description: In this course students will develop their muscle tone, cardiovascular endurance, flexibility, and body composition through weight training and other exercise activities. Students will learn the value and benefits of a lifetime physical fitness program.

## II. INSTRUCTOR INFORMATION

## III. CLASSROOM POLICY

Students and faculty of Barton County Community College constitute a special community engaged in the process of education. The college assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

The College reserves the right to suspend a student for conduct that is detrimental to the College’s educational endeavors as outlined in the College Catalog.

Plagiarism on any academic endeavors at Barton County Community College will not be tolerated. Learn the rules of, and avoid instances of, intentional or unintentional plagiarism.

Anyone seeking an accommodation under provisions of the Americans with Disabilities Act should notify Student Support Services.

## IV. COURSE AS VIEWED IN THE TOTAL CURRICULUM

The course will provide a program for improving overall physical fitness and wellness that can be utilized throughout a lifetime.

*Physical Fitness I* is an approved general education course at Barton County Community College which can be used to fulfill one of the Physical Education activity requirements or elective. It can be used for credit for Barton graduation and transfer to institutions of higher education.

The transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

## ASSESSMENT OF STUDENT LEARNING / COURSE OUTCOMES

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies

1. Understand the proper use of the equipment as well as procedures for fitness center
2. Demonstrate proper use of the equipment
3. Demonstrate the proper check-in/check-out procedures.
4. Maintain a regular workout program
5. Improve flexibility, cardiovascular fitness, muscular strength and endurance.
6. Demonstrate weight training and cardiovascular activities for a period of more than 20 minutes
7. Improve knowledge concerning the development and maintenance of physical fitness.
8. Identify the values of physical fitness in their daily lives.
9. Identify the value of having a fitness plan to attain fitness goals.

# **INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

# **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

# **REFERENCES**

# **METHODS OF INSTRUCTION AND EVALUATION**

# **ATTENDANCE REQUIREMENTS**

# **COURSE OUTLINE**