



## **Course Syllabus**

### **KINE 1164 – Introduction to Physical Fitness & Wellness**

*Revision Date: 1/17/2017*

**Catalog Description:** This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training.

**Prerequisites:** None

**Semester Credit Hours:** 1

**Lecture Hours per Week:** 3

**Lab Hours per Week:** 0

**Contact Hours per Semester:** 48

**State Approval Code:** 31.0501.52 23

### **Core Components and Related College Student Learning Outcomes**

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree.  Yes  No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

- Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
  - CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
  - CT2: Gather and assess information relevant to a question
  - CT3: Analyze, evaluate, and synthesize information
- Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
  - CS1: Develop, interpret, and express ideas through written communication
  - CS2: Develop, interpret, and express ideas through oral communication
  - CS3: Develop, interpret, and express ideas through visual communication
- Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
  - EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
  - EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion
- Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal
  - TW1: Integrate different viewpoints as a member of a team
  - TW2: Work with others to support and accomplish a shared goal

- Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
  - PR1: Evaluate choices and actions and relate consequences to decision-making
- Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
  - SR1: Demonstrate intercultural competence
  - SR2: Identify civic responsibility
  - SR3: Engage in regional, national, and global communities

**Instructional Goals and Purposes:**

The purpose of this course is to 1) create an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

**Learning Outcomes:**

After studying all materials and resources presented in the course, the student will be able to:

1. Analyze the physiological, pharmacological and psychological effects of licit and illicit drugs, related to use, misuse and abuse (including but not limited to) alcohol, tobacco, performance enhancing, over-the-counter prescription, and designer/synthetic drugs.
2. Evaluate the sociological impact of drugs within the context of health literacy, recreational use, social implications, stereotypes, family dynamics and work environments.
3. Articulate and apply behaviors related to personal responsibility including (but not limited to) healthy attitudes and behaviors, refusal skills, decision-making, and risk-taking behavior.
4. Compare and contrast how dependence and addiction occurs including (but not limited to) treatments and prevention strategies.

**Course Content:**

A general description of lecture/discussion topics included in this course are listed in the Learning Objectives / Specific Course Objectives sections of this syllabus.

Students in all sections of this course will learn the following content:

1. Physical fitness and wellness
2. Behavior Modification
3. Nutrition for wellness
4. Weight Management
5. Cardiorespiratory endurance
6. Muscular Fitness: strength and endurance
7. Muscular Flexibility
8. Comprehensive Fitness
9. Preventing Cardiovascular disease

**Methods of Instruction/Course Format/Delivery:**

Faculty may choose from, but are not limited to, the following methods of instruction: lecture, demonstration, discussion, internet, television/video presentation, field trips, collaborations and readings.

### **Major Assignments / Assessments:**

The following items will be assigned and assessed during the semester and used to calculate the student's final grade.

#### **Assessment(s):**

1. Report(s)
2. Exam: Mid-Term and Final

#### **Course Grade:**

The grading scale for this course is as follows:

- Reading 10%
- Quizzes 10%
- Report(s) 40%
- Exam(s) 40%

#### **Texts, Materials, and Supplies:**

- Required Textbook:  
Hoeger, W.K.& Hoeger, S.A. (2015). *Lifetime Physical Fitness and Wellness*. (13<sup>th</sup> Ed.) Boston: Cengage Learning. ISBN: 978-1-2857-3314-2

#### **Other:**

- For current texts and materials, use the following link to access bookstore listings: <http://www.panolacollegestore.com>
- For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>