

# KINE-1164 Introduction to Physical Fitness & Wellness

## TARRANT COUNTY COLLEGE DISTRICT MASTER SYLLABUS

### COURSE 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. Includes:

1. Scientific information concerning values and preventive medical benefits of exercise.
2. Individual (personal) evaluations and experiments to determine present health fitness status.
3. Development of a personal exercise program based on student's needs.

### COURSE TYPE

Academic Core

### COURSE GOALS AND LEARNING OUTCOMES

Course goals and learning outcomes support the Foundational Component Areas defined by the Texas Higher Education Coordinating Board. Course goals are linked to the respective Core Curriculum Competencies: **Critical Thinking Skills**, **Communication Skills**, **Empirical and Quantitative Skills**, and **Social Responsibility**. Specific competencies are identified in designated course goals and learning outcomes.

Upon successful completion of this course, students will:

1. Describe how the components of physical fitness impact health and wellness.
2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.
4. Plan, implement, and evaluate a personal fitness program.
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

6. **Critical Thinking Skills:** Demonstrate critical thinking skills by
  - a. applying scientific training principles and fitness data to design, implement, and maintain personal fitness programs;
  - b. explaining the exercise prescription and recommended activities for health-related fitness components among various populations;
  - c. assessing nutritional status to determine the role of nutrients in cardiovascular diseases and other conditions.
7. **Communication Skills:** Demonstrate communication skills by
  - a. expressing ideas related to the physical, mental, emotional, and social benefits of physical activity;
  - b. discussing internal and external influences on health behaviors;
  - c. presenting personal fitness and nutrition information in written, oral, or visual form.
8. **Empirical and Quantitative Skills:** Demonstrate empirical and quantitative skills by
  - a. evaluating body composition with anthropometric measures;
  - b. evaluating health and skill-related fitness data to determine appropriate modes of improving personal fitness;
  - c. analyzing nutrition facts to make informed decisions in regards to proper food selection;
  - d. applying mathematical concepts to calculate recommended body weight, exercise heart rate, and other health-related information.
9. **Social Responsibility:** Demonstrate social responsibility by
  - a. analyzing global health concerns such as obesity or cardiovascular disease, and their social and economic impact;
  - b. examining the influence of social relationships, such as family, friends or the media, on health behaviors.

## **COURSE ASSESSMENT**

Student success is measured by a variety of assessment techniques aligned with course goals and learning outcomes. Individual faculty members are responsible for designing evaluation instruments to measure student mastery of course goals and learning outcomes and indicating the nature of such evaluation instruments in the instructor's class requirements.

## **STUDENT ACCESSIBILITY RESOURCES**

Any student with a documented disability needing academic accommodations is required to contact the Student Accessibility Resources (SAR) Office located on each campus to schedule an appointment with the Coordinator of SAR. All discussions are confidential. Because SAR accommodations may require early planning and are not provided retroactively, students are encouraged to contact SAR as early in the semester as possible. SAR is responsible for approving and coordinating all disability-related

services. TCC professors will honor requests for accommodation when they are issued by SAR.

### **SCHOLASTIC DISHONESTY**

Students are responsible for adhering to the TCCD policy on scholastic dishonesty as stated in the online student handbook at [www.tccd.edu](http://www.tccd.edu).

### **RESOURCES**

For additional information regarding the student handbook, academic calendar, course evaluations, attendance policy, SCANS skills, Core Competencies, etc., see [www.tccd.edu](http://www.tccd.edu).