

**El Paso Community College**  
**Syllabus**  
**Part II**  
**Official Course Description**

<b>SUBJECT AREA</b>	<b>Kinesiology</b>								
<b>COURSE RUBRIC AND NUMBER</b>	<b>KINE 1100</b>								
<b>COURSE TITLE</b>	<b>Conditioning</b>								
<b>COURSE CREDIT HOURS</b>	<table border="0" style="margin: auto;"> <tr> <td style="padding: 0 10px;"><b>1</b></td> <td style="padding: 0 10px;"><b>0</b></td> <td style="padding: 0 10px;"><b>:</b></td> <td style="padding: 0 10px;"><b>3</b></td> </tr> <tr> <td style="padding: 0 10px;"><b>Credits</b></td> <td style="padding: 0 10px;"><b>Lec</b></td> <td></td> <td style="padding: 0 10px;"><b>Lab</b></td> </tr> </table>	<b>1</b>	<b>0</b>	<b>:</b>	<b>3</b>	<b>Credits</b>	<b>Lec</b>		<b>Lab</b>
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<b>Credits</b>	<b>Lec</b>		<b>Lab</b>						

**I. Catalog Description**

Helps develop physical fitness components such as flexibility, strength, and endurance through participation in calisthenics, aerobics, and jogging. **(0:3)**.

**II. Course Objectives**

Upon completing this course the student will:

- A. Identify and explain the meaning of becoming “Physically Fit”.
- B. Increase muscular strength and endurance.
- C. Identify and explain the major components of physical fitness.
- D. Improve and develop the individual’s cardiovascular and musculoskeletal system.
- E. Improve flexibility.
- F. Identify various types of physical exercises and explain how they affect conditioning of the body.
- G. Improve Body Composition.

**III. Evaluation**

- A. This course will include a relevant activity (written exams, skill exam or project) suitable for a final exam and which will be integrated into the final grade.
- B. General evaluation options available for use by all instructors includes: Multiple Choice objective exams, short answer essay exams, True/False objective exams, classroom presentation, attendance or any combination of these options.

Grading Scale:

90 - 100	= A
80 - 90	= B
70 - 80	= C
60 - 70	= D
Below 60	= F
Incomplete	= I
Withdrew or withdrawn	=W

**IV. Disability Statement (American with/Disabilities Act [ADA])**

EPCC offers a variety of services to persons with documented sensory, mental, physical, or temporary disabling conditions to promote success in classes. If you have a disability and believe you may need services, you are encouraged to contact the Center for Students with Disabilities to discuss your needs with a counselor. All discussions and documentation are kept confidential. Offices located: VV Rm C-112 (831-2426); TM Rm 1400 (831-5808); RG Rm B-201 (831-4198); NWC Rm M-54 (831-8815); and MDP Rm A-125 (831-7024).

**V. 6 Drop Rule**

Students who began attending Texas public institutions of higher education for the first time during the Fall 2007 semester or later are subject to a 6-Drop limit for all undergraduate classes. Developmental, ESL, Dual Credit and Early College High School classes are exempt from this rule. All students should consult with their instructor before dropping a class. Academic assistance is available. Students are encouraged to see Counseling Services if dropping because exemptions may apply. Refer to the EPCC catalog and website for additional information.