

El Paso Community College
Syllabus
Part II
Official Course Description

SUBJECT AREA	<u>Kinesiology</u>						
COURSE RUBRIC AND NUMBER	<u>KINE 1100</u>						
COURSE TITLE	<u>Conditioning</u>						
COURSE CREDIT HOURS	<table border="0" style="margin-left: auto; margin-right: auto;"> <tr> <td style="border-top: 1px solid black; padding-top: 2px;">1</td> <td style="border-top: 1px solid black; padding-top: 2px;">0</td> <td style="border-top: 1px solid black; padding-top: 2px;">3</td> </tr> <tr> <td style="border-top: 1px solid black; padding-top: 2px;">Credits</td> <td style="border-top: 1px solid black; padding-top: 2px;">Lec</td> <td style="border-top: 1px solid black; padding-top: 2px;">Lab</td> </tr> </table>	1	0	3	Credits	Lec	Lab
1	0	3					
Credits	Lec	Lab					

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Withdrew or withdrawn	=W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.