

El Paso Community College

Syllabus

Part II

Official Course Description

SUBJECT AREA	<u>Kinesiology</u>
COURSE RUBRIC AND NUMBER	<u>KINE 1338</u>
COURSE TITLE	<u>Concepts of Physical Fitness</u>
COURSE CREDIT HOURS	<u>3 3 : 0</u> Credits Lec Lab

I. Catalog Description

This course is designed to familiarize students with knowledge, understanding, and values of health related fitness and its influence on the quality of life emphasizing the development and implementation of fitness programs. **(3:0)**.

II. Course Objectives

Upon satisfactory completion of this course, the student will be able to:

- A. Understand and explain the concepts of physical fitness and performance and identify how they affect various populations.
- B. Identify positive and negative behaviors that influence societal wellness.
- C. Understand and explain the components of physical activity, nutrition, and body composition and how they related to one another.
- D. Explain, identify, and implement assessment methodologies of health/skill related fitness.
- E. Design and implement research based fitness programs to promote health/skill related fitness.

III. THECB Learning Outcomes (ACGM)

Upon successful completion of this course, students will:

1. Describe the elements of health related physical fitness, performance related physical fitness, inactivity, and hypokinetic diseases on health and wellness.
2. Distinguish the influence of personal behavior and responsibility on the development, treatment, and prevention, of infectious diseases, stress, and addictions.
3. Compare and contrast the relationships among physical activity, nutrition, and body composition.
4. Participate in physical fitness activities that will aid in assessing personal health related fitness.
5. Design, implement, and evaluate fitness programs to promote societal lifetime physical fitness.

IV. Evaluation

- A. This course will include relevant activities to include exams, quizzes, and special Projects.
- B. General evaluation options available for use by all instructors include: Multiple Choice objective exams, short answer essay exams, True-False objective exams, classroom presentations, a portfolio assembled from class activities, or any combination of these activities.

Grading Scale

100-90	= A
89-80	= B
79-70	= C
69-60	= D
Below 60	= F
Incomplete	= I
Withdrawal	= W

V. Disability Statement (Americans 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).

VI. 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.

VII. Title IX and Sex Discrimination

Title 9 (20 U.S.C. 1681 & 34 C.F.R. Part 106) states the following "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance." The Violence Against Women Act (VAWA) prohibits stalking, date violence, sexual violence, and domestic violence for all students, employees and visitors (male and female). If you have any concerns related to discrimination, harassment, or assault (of any type) you can contact the Assistant to the Vice President for Student and Enrollment Services at 915-831-2655. Employees can call the Manager of Employee Relations at 915-831-6458. Reports of sexual assault/violence may also be reported to EPCC Police at 915-831-2200.