**BARTON COMMUNITY COLLEGE**

**COURSE SYLLABUS**

# **GENERAL COURSE INFORMATION**

Course Number: HLTH 2247

Course Title: Lifetime Fitness and Wellness

Credit Hours: 2

Prerequisites: None

Division/Discipline: Academics/HPER

Course Description: This course will develop those basic fitness and wellness skills and behaviors necessary for lifelong health, fitness, and well-being. Lecture sessions will cover how to develop a personal lifetime program that promotes fitness, preventive health care, and personal wellness. Through supervised circuit training and other exercise activities, students will evaluate and develop their muscle tone, cardiovascular endurance, flexibility, and body composition.

# **INSTRUCTOR INFORMATION**

# **COLLEGE POLICIES**

## Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

## Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

## The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

## Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at disabilityservices@bartonccc.edu.

# **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

Lifetime Fitness and Wellness is an approved general education course at Barton Community College, which will fulfill Health, Physical Education, and Recreation requirement or elective credit for Barton graduation. The course is designed to be utilized by all students desiring instruction in the area of health, lifetime fitness, and physical well-being.

The transferability of all college courses will vary among institutions, and perhaps even among departments, colleges, or programs within an institution. Institutional requirements may also change without prior notification. Students are responsible to obtain relevant information from intended transfer institutions to insure that the courses the student enrolls in are the most appropriate set of courses for the transfer program.

# **ASSESSMENT OF STUDENT LEARNING**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies

1. Demonstrate an understanding of the components of wellness to include stress management, nutrition, substance abuse and use, risk management, lifestyle adjustments, and degenerative disease.
	1. Identify the various risk factors and health behaviors involved in the development of lifestyle-related health problems for college age and adult populations.
	2. Describe positive mental and physical health behaviors designed to reduce both short-term and long-term risks.
2. Exhibit an understanding of lifetime physical fitness, to include strength, flexibility, cardiorespiratory fitness, body composition and exercise adherence.
	1. Demonstrate a commitment to a healthy lifestyle by adopting two or more healthful living behaviors.
	2. State the risk factors for cardiovascular disease and the lifestyle behaviors that reduce such risks.
	3. Identify the risk factors for cancer and the health risks of smoking.
	4. Discuss the health benefits and risk reduction of aerobic exercise and design and participate in an exercise program to achieve such benefits.
	5. Describe nutritional behaviors that meet human needs, reduce chronic disease risks, and lead to achievement and maintenance of ideal body weight.
	6. Describe the mental and physical effects of stress, the relationship of stress to immediate and long-term health problems, and participate in time management and stress reduction behaviors designed to reduce such health problems.
	7. State the mental and physical health risks of alcohol and substance abuse, and appropriate and inappropriate consumption patterns.
	8. Discuss the mental and physical health risks associated with sex, STD’s and AIDS, and risk reduction behaviors.
3. Create and put into action a personalized lifetime fitness and wellness program based on assessment, training, and adherence to principles.
	1. Describe the guiding principles of self-behavior modification as an aid to behavior change and participate in a self-designed mental or physical health behavior change program incorporating those principles.
	2. Explain the relationship between self-esteem and mental health, and participate in several behaviors designed to enhance self-esteem.
4. Show progress toward personal goals established in an individualized exercise, nutrition, and general wellness program.
	1. Complete a physical fitness assessment using a variety of testing measures.
	2. Demonstrate the proper warm-up routines for riding a bike, jumping rope, jogging, or walking on a treadmill.
	3. Demonstrate the proper stretching techniques.
	4. Demonstrate circuit-training activities.
	5. Demonstrate the proper cool-down procedures.
	6. Reassess physical fitness levels for improved flexibility, body composition, cardiovascular fitness, and muscular strength and endurance.
	7. Develop an ongoing personal fitness plan to attain fitness goals.

# **INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

# **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

# **REFERENCES**

# **METHODS OF INSTRUCTION AND EVALUATION**

# **ATTENDANCE REQUIREMENTS**

# **COURSE OUTLINE**