**BARTON COMMUNITY COLLEGE**

**COURSE SYLLABUS**

**I. GENERAL COURSE INFORMATION**

Course Number: PHED 1271

Course Title: Figure Improvement I

Credit Hours: 1

Prerequisites: None

Division/Discipline: Academics Division/Health, Physical Education, and Recreation

Course Description: This course is designed for people who want to make exercise a significant factor in maintaining a physically fit body. Exercising is emphasized as a regular everyday routine. Diets, eating habits and behavioral techniques are discussed by the class as a group. Individual goals are set and progress in achieving those goals is monitored during the semester.

**II. INSTRUCTOR INFORMATION**

**III. 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.

**IV. COURSE AS VIEWED IN THE TOTAL CURRICULUM**

The student will become accustomed to the use of exercise as a means of gaining self-awareness and a healthier body.

This course is an approved general education course at BCC, which can be used to fulfill Health, Physical Education, and Recreation activity course requirement or elective. It can be used for credit for BCC graduation, and transfer to institutions of higher education. 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.

**V. ASSESSMENT OF STUDENT LEARNING**

Barton Community College assesses student learning at several levels: institutional, program, degree and classroom. The goal of these assessment activities is to improve student learning. As a student in this course, you will participate in various assessment activities. Results of these activities will be used to improve the content and delivery of Barton’s instructional program.

The student will be able to describe and execute a variety of exercise techniques that can be incorporated into a daily exercise program.

Course Outcomes, Competencies, and Supplemental Competencies:

A. Describe the essentials of a well-balanced diet.

B. Discuss the importance of good nutrition and being able to understand food labels contents.

C. Know why exercise is important and figure control and other factors.

D. Prove the importance of warm-ups and warm-downs.

E. Design a personal exercise program that is best suited for them for figure improvement.

**VI. INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

**VII. TEXTBOOKS AND OTHER REQUIRED MATERIALS**

**VIII. REFERENCES**

**IX. METHODS OF INSTRUCTION AND EVALUATION**

**X. ATTENDANCE REQUIREMENTS**

**XI. COURSE OUTLINE**