

SOUTHEAST COMMUNITY COLLEGE
DIVISION OF ARTS AND SCIENCES
Social Science
Revision Date: 07-01-24

I. CATALOG DESCRIPTION

Course Number: PHED1060
Course Title: Fitness Throughout Life
Prerequisite(s): NONE
Catalog Description: Study and application of theories which promote wellness throughout the life cycle. Emphasis on cardiovascular conditioning, flexibility, muscular strength, endurance, body composition and nutrition maintenance programs.

Credit Hours: 2.0
Class Hours: 15
Lab Hours: 30
Total Contact Hours: 45

II. COURSE OBJECTIVES: *Course will:*

- A. Help the student to develop a lifelong plan of exercise
- B. Provide a framework to plan and to execute a continual workout agenda.
- C. Develop insight into the benefits of lifelong exercise programs

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES

- A. Student Learning Outcomes: *Student will be able to:*
 - 1. Develop a plan of exercise
 - 2. Participate in designed activity on a weekly basis
 - 3. Develop a framework to plan and to execute a continual workout agenda
- B. General Education Learning Outcomes
 - 1. GELO #3: Critical Thinking & Problem Solving
 - Outcome: Collect, identify, interpret and analyze data.
 - Outcome: Synthesize information to arrive at reasoned solutions to problems.
 - Outcome: Evaluate the validity of arguments, alternatives, data, outcomes, and/or impacts of actions.
 - 2. GELO #6: Career and Life Skills
 - Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.
 - Outcome: Demonstrate choices that reflect personal responsibility in one's academic, civic, social, and vocational/professional life.

IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)

- A. Introduction to Fitness
- B. Benefits of Regular Physical Activity
- C. Fitness/Body Composition Testing
- D. Apparatus Instruction
- E. Personal Best Contract

V. INSTRUCTIONAL MATERIALS

- A. Required Text(s):
 - 1. None
- B. Other Resources: as assigned

VI. METHODS OF PRESENTATION/INSTRUCTION

- A.** Methods of presentation typically include a combination of the following:
- 1.** Instructional Videos
 - 2.** Classroom discussion
 - 3.** Classroom demonstration of exercises and apparatuses

VII. METHODS OF EVALUATION

- A.** Methods of evaluation typically include a combination of the following:
- 1.** Participation
 - 2.** Written assignments

B. SCC GRADING SCALE:

A+	95-100	C+	75-79	F	59 or less
A	90-94	C	70-74		
B+	85-89	D+	65-69		
B	80-84	D	60-64		

VIII. SPECIFIC COURSE REQUIREMENTS

- A.** Achieve passing grade of 60% or higher, on SCC grading scale
- B.** Participate in designed activities on a weekly basis
- C.** Fitness/Body Composition Testing and Packet
- D.** Write and submit 3 papers on health-related topics