COLLIN COLLEGE

COURSE SYLLABUS

COURSE INFORMATION

Course Number: PHED 1164

Course Title: Introduction to Physical Fitness and Wellness

Course Description: This course will provide an overview of the lifestyle necessary for fitness and health. Student will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training. Additionally, this course introduces basic concepts of fitness, nutrition, health promotion, and disease prevention. Includes the study and practices of activities and principles that promote fitness and wellness.

Course Credit Hours: 1
Lab Hours: 3

Student Learning Outcomes:

- **State-mandated Outcomes:** Upon successful completion of this course, students will:
  1. Describe how the components of physical fitness impact health and wellness. (Communication)
  2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction. (Communication)
  3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition. (Empirical and Quantitative Skills)
  4. Plan, implement, and evaluate a personal fitness program. (Critical Thinking)
  5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity. (Social Responsibility)

Withdrawal Policy: See the current *Collin Registration Guide* for the last day to withdraw.

Collin College Academic Policies: See the current *Collin Student Handbook.*

Americans with Disabilities Act: Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal opportunity. It is the student's responsibility to contact the ACCESS office, SCC-G200 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.