

PHED-1620-FITNESS: COMMON

SYLLABUS

PHED 1620 FITNESS: PERSONAL TRAINING 3 CREDITS

CATALOG DESCRIPTION

This course offers an examination of the interdisciplinary approach to the science and study of human movement. Students will receive an orientation to the wide array of fields related to physical education and exercise science. This course will explore the history, educational pathways, requirements, career opportunities, professional affiliations, certifications, and current issues and challenges within the field.

Formerly PHED 113 Intro to Personal Training

Prerequisites: None

Semester Offered: Fall, Spring

PHED 1620 – FITNESS: ADAPTIVE PHYSICAL EDUCATION 1.0 CREDITS

CATALOG DESCRIPTION

The adapted physical education program is designed to allow students with a wide range of disabilities and needs to meet the goals and standards of the regular physical education program. Special attention to individual needs, both physical and cognitive, and levels of psychomotor development are important components of the program.

Formerly PHED 114 Adaptive Physical Education

Prerequisites: None

Semester Offered: Fall, Spring

PHED 1620 – FITNESS: FITNESS TRAINING I 1.0 CREDITS

CATALOG DESCRIPTION

This course is designed for individuals interested in improving total fitness and learning about various concepts of health, wellness, and fitness. The course will assist the student in improving cardiovascular fitness, strength, flexibility, and body composition. This class is suitable for all fitness levels. Students must complete the equivalent of thirty (30) workouts.

Formerly PHED 116 Fitness Training I

Prerequisites: None

Offered: Fall, Summer, Spring

PHED 1620 – FITNESS: FITNESS TRAINING II 1.0 CREDITS

CATALOG DESCRIPTION

A continuation of *Fitness Training I* and designed for individuals interested in improving total fitness and learning about various concepts on health, wellness, and fitness. The student will work out on a regular basis. This class is suitable for all fitness levels. Students must complete the equivalent of thirty (30) workouts.

Formerly PHED 117 Fitness Training II

Prerequisites: None

Offered: Fall, Summer, Spring

PHED 1620 – FITNESS: GROUP EXERCISE 1.0 CREDITS

CATALOG DESCRIPTION

This course is designed to improve and/or maintain each participant's overall physical fitness through a variety of group exercise classes. Physical participation is required, but students are encouraged to work at their own pace. The course is suitable for all fitness levels.

Formerly PHED 144 Group Exercise

Prerequisites: None

Offered: Fall, Summer, Spring

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

A copy of this approved syllabus is on file in the dean's office.

Updated 12/14/18

1. Develop a knowledge and understanding of various health, wellness, and fitness concepts.
2. Develop an understanding of the importance of physical education and exercise science as it relates to the prevention of obesity and chronic disease.
3. Establish workout strategies that promote measures of health such as cardiorespiratory endurance, muscular strength and flexibility, balance, coordination, and personal wellbeing.
4. Recognize the benefits of physical activity and the importance to overall health and wellness.
5. Realize the impact of participation and achievement in physical activity in developing confidence, pride, and self-identity.
6. Gain an appreciation for activities that have carry over value to leisure time activities.