



SYLLABUS

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/or body composition. Meets Physical Education activity requirements for AA degree.

Prerequisites: None

Semester Offered: Fall, Spring, Summer

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...

- Show written knowledge of various health, wellness, and fitness concepts by taking two major exams or ten mini exams
- Show knowledge of the college's Academic Honesty Policy by a written assignment
- Complete thirty (30) fitness work-outs