

Introduction to Physical Fitness & Wellness

Class

KINE 1164

This course will provide an overview of the lifestyle necessary for fitness and health. Students 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. One hour lecture and two hours lab per week.

Core Curriculum Statement

This course is included in the Weatherford College core academic transfer curriculum as approved by the Texas Higher Education Coordinating Board. As such, students successfully completing this course will be required to demonstrate college-level proficiency in communication, critical thinking, empirical and quantitative reasoning, and teamwork.

Course Learning Objectives

1. Describe how the components of physical fitness impact health and wellness.
2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.
4. Plan, implement, and evaluate a personal fitness program.
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

Required Textbooks

Principles and Labs for Fitness and Wellness, 13th Edition, Hoeger/Hoeger

Evaluation Standards

Student success is measured by assessment techniques aligned to course goals and learning outcomes. A variety of techniques may be used, including but not limited to objective exams/quizzes, classroom participation, physical assessments, demonstrations, written reports and group projects. Individual faculty members may also include selected computer programs and demonstrations of health facts with the aid of media and laboratory. Individual faculty members are responsible for designing evaluation instruments to measure student mastery of course goals and learning outcomes and for indicating the nature of such instrument in the instructor's class requirements.

Semester grade will have letter grade assigned as follows

90-100 A
80-89 B
70-79 C
60-69 D
Below 60 F

Disabilities

ADA Statement:

Any student with a documented disability (e.g. learning, psychiatric, vision, hearing, etc.) may contact the Office on the Weatherford College Weatherford Campus to request reasonable accommodations. *Phone:* 817-598-6350
Office Location: Office Number 118 in the Student Services Building, upper floor. *Physical Address:* Weatherford College 225 College Park Drive Weatherford, TX.

Academic Integrity

Academic Integrity is fundamental to the educational mission of Weatherford College, and the College expects its students to maintain high standards of personal and scholarly conduct. Academic dishonesty of any kind will not be tolerated. Academic dishonesty includes, but is not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials including unauthorized use of Generative AI. Departments

may adopt discipline specific guidelines on Generative AI usage approved by the instructional dean. Any student who is demonstrated to have engaged in any of these activities will be subject to immediate disciplinary action in accordance with institutional procedures.

Lab Fee

\$24