

## **SEWARD COUNTY COMMUNITY COLLEGE COURSE SYLLABUS**

**I. TITLE OF COURSE:** PE1001- Individual Health and Conditioning

**II. COURSE DESCRIPTION:** 1 credit hours  
0 credit hours of lecture and 1 credit hours of lab per week.

This course provides an emphasis on individual appropriate exercise program, proper exercise form and exposure to various exercise equipment. This course does not fulfill the physical education requirement of the general education requirements. Sixteen hours (16 hr) of physical activity logged in the SCCC wellness center is a requirement for this course. Students are required to check in and out of the wellness center with the front desk staff. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

**III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:**

The Seward County Community College physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

**IV. TEXTBOOK AND MATERIALS:**

None Required

**V. SCCC OUTCOMES**

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

1: Read with comprehension, be critical of what they read, and apply knowledge gained to real life

9: Exhibit workplace skills that include respect for others, teamwork competence, attendance/punctuality, decision making, conflict resolution, truthfulness/honesty, positive attitude, judgment, and responsibility

**VI. COURSE OUTCOMES:**

1. The student will explore the benefits of overall wellness.
2. The student will be able to explore various equipment for physical health & fitness.
3. The student will demonstrate responsibility with their personal time to complete the 16 hour requirement.

## **VII. COURSE OUTLINE:**

[Course\_Outlines]

## **VIII. INSTRUCTIONAL METHODS:**

1. Fitness Assessment (if requested)
2. Demonstrations (if requested)

## **IX. INSTRUCTIONAL AND RESOURCE MATERIALS:**

[Inst\_Res\_Mat]

## **X. METHODS OF ASSESSMENT:**

Methods of assessing the general course outcomes and the specific course competencies include attendance, participation, and assignments.

SCCC Outcome #1 will be based on attendance and participation.

SCCC Outcome #9 will be based on attendance and participation.

## **XI. ADA STATEMENT:**

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 12/10/2018 14:19:18