

**SEWARD COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS**

I. TITLE OF COURSE: PE1011- Personal Wellness I-IV

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

Emphasis on fitness assessment, appropriate exercise program, proper exercise form exposure to various exercise equipment. This class fulfills general education physical education requirements. 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

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
- 2: Communicate ideas clearly and proficiently in writing, appropriately adjusting content and arrangement for varying audiences, purposes, and situations.

- 5: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information
- 6: Exhibit skills in information and technological literacy

VI. COURSE OUTCOMES:

1. To gain knowledge of the importance of exercise in preventing/alleviating health problems.
2. Benefits to overall wellness lifestyle.

VII. COURSE OUTLINE:

1. Fitness Assessment
Cardiovascular fitness
Body Composition
Muscular Strength
Muscular Endurance
Flexibility

Blood Pressure
Resting Heart Rate
2. Importance of positive health behavior and lifestyles
Heart Disease/Risk Factors
Premature Death
Lifestyle related diseases
3. Understanding the importance of Wellness for optional health
Nutrition
Weight Control
Stress Management
Smoking
Low Back Care
Risk Factors

VIII. INSTRUCTIONAL METHODS:

1. Reading and writing assignments
2. Fitness Assessment
3. Assessments

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Handouts provided by Wellness Center
2. Health articles, newsletters, etc.

X. METHODS OF ASSESSMENT:

SCCC Outcome #1 will be based on attendance and participation
SCCC Outcome #2 will be based on a written assignment of how physical activity pertains to your life.
SCCC Outcome #5 will be based on how you apply these activities to your life.
SCCC Outcome #6 will be based on how you properly use the machines.

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.