

**SEWARD COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS**

I. TITLE OF COURSE: PE1271- PE Boot Camp

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

This course is designed to improve muscular endurance and strength, weight loss, cardiovascular endurance, and flexibility. Students will learn the benefits of resistance training, proper body composition, aerobic and anaerobic conditioning, and flexibility. Students also will receive nutrition information and advice. 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 SCCC 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:

[Text_Mat]

V. SCCC OUTCOMES

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

6: Exhibit skills in information and technological literacy

VI. COURSE OUTCOMES:

1. To improve cardio and muscular endurance and/or strength.
2. To improve overall muscle definition through a healthier body composition
3. To improve exercise knowledge and proficiency through active learning.

VII. COURSE OUTLINE:

1. Safe techniques and forms of exercise.
2. Fitness testing and tracking
3. Beginning Exercise & Health/Fitness Testing
4. Intermediate Exercise & Fitness Testing
5. Advanced Exercise & Health and/or Fitness Testing

VIII. INSTRUCTIONAL METHODS:

1. Discussion
2. Individual testing
3. Record keeping

4. Demonstrations
5. Practical teaching examples

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Weight Machines
2. Steps
3. Dumbbells
4. Kettle bells

X. METHODS OF ASSESSMENT:

SCCC Outcome #6 will be assessed and measured by class participation and attendance.

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: 04/16/2019 13:39:57