

Kinesiology 1238 – Introduction to Physical Fitness

D. N. Stockton

Office Phone: (361) 354-2349 or Toll Free: (866) 722-2838 ext. 2349

Textbook

Lifetime Physical Fitness and Wellness, 11th edition by Hoeger, Werner, & Hoeger, Sharon

Course Description

Introduction to Physical Fitness is designed for non-Kinesiology majors. The purpose of this course is to teach students the importance of being physically active. This course will also teach students how to incorporate physical activities into their daily lives in a safe and effective manner. The student will learn the components of health-related fitness and how to include each into a personalized fitness program.

Course Objectives

1. Students will learn the health-related components of fitness.
2. Students will know the essential nutrients and their specific functions in regard to the human body.
3. Students will be able to dispel common misconceptions related to physical fitness.
4. Students will understand the consequences of obesity.
5. Students will understand the importance of a healthy lifestyle in preventing cardiovascular disease.
6. Students will be able to design a workout program that will fit his/her lifestyle.

Course Completion Policy

This course is a “flex” course that lasts for approximately six (6) weeks. Each Unit will have a beginning and ending date. All the work for each unit should be completed by the ending date at 11:59 pm. The Critical Thinking Assignments and each Unit Test must be completed within the specified dates.

It is recommended that you print out the “Course Check List” and check off each item as completed to prevent missing any of the assignments. All assignments may be done at home. This includes the Unit Tests and the Final Exam. The final exam must be completed in **Microsoft Word** (no Word Perfect) and sent via Blackboard(WebCT) mail. The Unit Test must be completed and submitted within the specified dates. **No Unit Test will be reopened.**

There is one (1) Critical Thinking Assignment for each chapter covered. Click the “Discussion Tab” to complete the “Critical Thinking” assignments. These “Critical Thinking” discussions must have at least three (3) posts to receive credit. **Each student must address each of the 14 critical thinking issues (this is your initial post), and respond to at least two other students’ posts** (an initial post and 2 responses for each of the 14) to receive credit for each “critical thinking” assignment. Postings should not be repetitive of another student’s unless used to emphasize your response. **Postings such as “I agree.” or “Way to go.” will not be counted unless you elaborate.** Students’ responses should be grammatically correct (no text language). Each critical thinking assignment will be **graded separately and must include the three (3) required posts or the grade will be zero.**

Evaluation

1. Critical Thinking Assignments (14 CT Assignments)	20%
2. Chapter Quizzes (14 Required Post Test)	20%
3. Unit Tests (4 Unit Tests)	30%
4. Final Exam (Microsoft Word/Send via BlackboardWebCT Mail)	30%

- 1. If you have a documented disability that will impact your work in this class, please contact me to discuss your needs.**
- 2. Plagiarism and any form of academic dishonesty are prohibited and will be sanctioned by CBC resulting in failure of this class.**
- 3. Coastal Bend College does not discriminate on the basis of race, creed, color, national origin, gender, age, or disability.**