

LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

SPECIAL NOTE:

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

<u>COURSE NUMBER:</u>	PED 116
<u>COURSE TITLE:</u>	LIFETIME FITNESS CONCEPTS
<u>SEMESTER CREDIT HOURS:</u>	1
<u>DEPARTMENT:</u>	Physical Education
<u>DIVISION:</u>	General Education
<u>PLACEMENT TEST LEVEL:</u>	General Education Course Placement
<u>PREREQUISITE:</u>	None

COURSE DESCRIPTION:

Lifetime Fitness Concepts is a one hour course offered by the Department of Recreation and Health. It is the objective of this course to present a series of physical fitness related concepts to the general student population with the expectation that the information will enlighten and motivate the students to improve their personal fitness status. The concepts presented will allow the students to become familiar with, and to actually begin to participate in activities and programs which may alter their lifestyles and which could make them healthier more productive people.

COURSE OUTCOMES AND COMPETENCIES:

Students who successfully complete this course will be able to:

1. Know the basic units of fitness and how they complement each other.
 - Connect the relationships of physical, mental, social, and spiritual fitness, and how they interplay with each other.
 - Identify the eleven positive traits connected with fitness.
 - Understand the importance of CPR.
 - Recognize the seven early signs of cancer.
2. Realize the integrity of the human nutritional needs.
 - Relate what the function of balanced diet is to high blood pressure diabetes, cancer, and congestive heart failure.
 - Be familiar with the value of vitamins and minerals in bioprocesses.

- Understand the internal fuel system and the role it plays in lifestyle diseases.

3. Be acquainted with obesity and its impact upon the American population.

- Be familiar with the negative aspects of additional fatty tissue.
- Explain the importance of the calorie to maintaining life.
- Recognize food groups high in heavy fats and those low in light fats.