I. VERNON COLLEGE CORE CURRICULUM PHILOSOPHY STATEMENT

Vernon College’s Core Curriculum reflects the institution’s deep conviction that successful, satisfying lives require a wide range of skills and knowledge. We are dedicated to providing educational opportunities that develop the academic, career, and personal capabilities of individuals so they may achieve self-fulfillment and participate fully and positively in a democratic society. In accordance with Texas Education Code, Vernon College offers a 42 semester credit hour Core Curriculum. The State of Texas has identified Foundational Component Areas and Core Objectives that enable students to gain a foundation of knowledge of human cultures and the physical and natural world, develop principles of personal and social responsibility for living in a diverse world, and advance intellectual and practical skills that are essential for all learning.

CORE CURRICULUM FOUNDATIONAL COMPONENT AREA

Component Area Option:

- Courses in this category focus on the application of empirical and scientific methods that contribute to the understanding of what makes us human.
- Courses involve the exploration of behavior and interactions among individuals, groups, institutions, and events, examining their impact on the individual, society, and culture.
- The following three Core Objectives must be addressed in each course approved to fulfill this category requirement: Critical Thinking Skills, Communication Skills, and Personal Responsibility.

CORE OBJECTIVES*

A. Critical Thinking: Students will demonstrate creative thinking, recognize innovation, practice inquiry, perform analysis, and evaluate and synthesize information.
B. Communication Skills: Students will effectively develop, interpret, and express ideas through written, oral, and visual communication.
C. Empirical and Quantitative Skills: Students will manipulate and analyze numerical data or observable facts resulting from informed conclusions.
D. Teamwork: Students will develop abilities to consider different points of view and to work effectively with others to support a shared purpose or goal.
E. Personal Responsibility: Students will demonstrate an ability to recognize and connect choices, actions, and consequences to ethical decision making.
F. Social Responsibility: Students will develop intercultural competency, civic knowledge, and an ability to engage effectively in regional, national, and global communities.

*Core competencies highlighted in bold are emphasized in this core course.
COURSE NUMBER AND TITLE: KINE 1164 Introduction to Physical Fitness and Wellness

II. CATALOG DESCRIPTION:

This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training. Special Fee: $2.00

III. REQUIRED BACKGROUND:

None

IV. TEXT, OTHER REFERENCE MATERIALS:


V. METHOD OF INSTRUCTION:

1. Lecture by instructor
2. Class discussions
3. Presentations by class members
4. Written exams

Students desiring auxiliary aids and services for this course should make their requests to the instructor and the PASS Department Director/Office for Students with Disabilities Coordinator.

VI. COURSE CONTENT:

1. Introduction to Physical Fitness & Wellness
2. Assessment of Physical Fitness
3. Healthy Lifestyles

VII. COURSE OUTCOMES:

Upon successful completion of this course, students will:

1. Describe how the components of physical fitness impact health and wellness.
2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.
4. Plan, implement, and evaluate a personal fitness program.
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

VIII. ASSESSMENT:

The student will demonstrate his/her knowledge by taking written tests scheduled during the semester and presenting individual presentations on the subject matter.

Vernon College does not discriminate on the basis of color, race, gender, age, religion, national origin, or disability.