



**COWLEY COLLEGE  
& Area Vocational Technical School**

**COURSE PROCEDURE FOR**

**LIFETIME FITNESS  
HPR6325 1 Credit Hour**

**Student Level:**

This course is open to students on the college level in either Freshman or Sophomore year.

**Catalog Description:**

**HPR6325 - LIFETIME FITNESS (1 hr)**

Designed to expose students to facts about and experiences in dealing with motor, physical, physiological, psychological and nutritional aspects of the human being. The responsibility to maintain fitness during a life span.

**Prerequisites:**

None

**Controlling Purpose:**

This course is designed to expose students to facts about and experiences in dealing with motor, physiological and nutritional aspects of the human being. The responsibility is to maintain fitness during their life span.

**Learner Outcomes:**

Upon completion of this course the student will be able to identify the different lifetime activities, to help maintain physical fitness, nutritional facts, how to manage stress and how to assess various aspect of their own fitness/wellness.

**Units Outcomes and Criterion Based Evaluation Key for Core Content:**

The following outline defines the minimum core content not including the final examination period. Instructors may add other material as time allows.

Evaluation Key:

- A = All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field.
- B = All major goals have been achieved, but the student has failed to achieve some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved.
- C = All major goals have been achieved, but many of the minor goals have not been achieved. In this grade range, the minimum level of proficiency represents a person

who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of inadequacy in his background.

- D = A few of the major goals have been achieved, but the student's achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

### UNIT 1: PERSONAL SKILLS AND TIME MANAGEMENT

Outcomes: Upon Completion of this unit, students will be able to successfully...

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Set priorities in which several tasks will be accomplished.
						Regular attendance and attend class on time.
						Emphasize the importance for time for oneself.

### UNIT 2: SPEAKING SKILLS

Outcomes: Upon Completion of this unit, students will be able to successfully...

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Participate in group and class communications.
						Participate in communications by participating in group activities.

### UNIT 3: HUMAN RESOURCE MANAGEMENT

Outcomes: Upon Completion of this unit, students will be able to successfully...

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Discuss how society affects our lifestyle.
						Discuss the positive and negative of adapting new technologies, how it affects our lifestyle.

**UNIT 4: LISTENING SKILLS**

Outcomes: Upon Completion of this unit, students will be able to successfully...

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Demonstrate appropriate listening skills in able to obtain the knowledge through, discussion and participation.

**UNIT 5: GROUP EFFECTIVENESS SKILLS**

Outcomes: Upon Completion of this unit, students will be able to successfully...

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Being able to work with a group through participation to reach a common goal.

**UNIT 6: KNOWLEDGE OF LIFETIME FITNESS**

Outcomes: Upon Completion of this unit, students will be able to successfully...

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Obtain knowledge of the Health Components to keep our body in shape.
						Become aware of the skill components for our fitness.
						Become aware of what activities are good to maintain target heart rate.
						Be introduced to different activities one is able to do for life.
						Obtain knowledge of nutrition what is good to maintain good health.
						Become aware of the facts and principles of body weight control.

**Projects Required:****Textbook:**

Contact Bookstore for current textbook.

**Materials/Equipment Required:**

**Attendance Policy:**

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

**Grading Policy:**

The grading policy will be outlined by the instructor in the course syllabus.

**Maximum class size:**

Based on classroom occupancy

**Course Time Frame:**

The U.S. Department of Education, Higher Learning Commission, and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching, and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format.

**Refer to the following policies:**

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

**Disability Services Program:**

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class which requires accommodations, contact the Disability Services Coordinator.