

PHED 1100, 1101, 1105, 2100, 2101
Body Conditioning

Western Texas College
Department of Physical Education/Health

- I. Basic Course Information
 - A. Course Description-This is an activity course in body conditioning. There are 3 components to be addressed: flexibility, strength training, and cardiovascular exercise.
 - B. Prerequisites - No prior knowledge for entry into this course. All skills needed will be taught.
- II. Student Learning Outcomes
 - A. The student will participate in an exercise program inclusive of three fitness components - flexibility, strength, and cardiovascular training.
 - B. The student will participate in a 15 minute warm up program; a 20 minute strength training circuit; and a 30 minute cardio program of choice.
- III. Major Course Requirements
 - A. Attendance, participation, and attitude are the basis for students' grade.
 - B. Writing assignments can be used for excused make-up work. Other assignments will be for all students. Topics on wellness and fitness will be discussed on occasion.
 - C. Students will be expected to adhere to proper work out hygiene and dress. A hand towel is required to enter the weight/cardio rooms.
- IV. Information on Books and other Course Materials
 - A. NO textbook is required for this class.
 - B. Articles, books, videos can be used for extra creditor excused absence make-up. Assisting students in this selection comes from the instructor and the Learning Resource Center.
- V. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:
 - A. Campus Calendar
 - B. Final Exam schedule
 - C. How to drop a class
 - D. Withdrawal information
 - E. Student Conduct/Academic Integrity
 - F. Students with disabilities
 - G. Departmental Policy in regard to make-up/late work. Students must explain and make up all excused absences as soon as possible after the absence
- VI. Course Organization & Tentative Schedule*

Week 1 & 2	Course introduction; a 'settling in' while registration continues. Lecture and discussions on topics of wellness and fitness
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Week 3	Introduction of flexibility, weightlifting, and cardio programs to students. Discussions on safety and proper lifting, heart rates, etc.
Week 4 -15	Students will meet and participate in all three facets of this class. Grading will be done daily as to participation, attendance, and attitude.
Week 16	Final class will be a wrap up of the semester. Self and Instructor evaluations will be done with emphasis on recommendations for the course, facility, etc.

* The above schedule, policies, procedures, and assignments in this course are subject to change.

Last Modified: June 12, 2019