STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK

MASTER SYLLABUS

WELL 102: Personal Fitness

Created by: Barat Wolfe, Ph.D. and Bryan Parker, M.Ed.

SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
FALL 2021

A. **TITLE**: Personal Fitness

B. **COURSE NUMBER: WELL 102**

C. **CREDIT HOURS: 1**

D. **WRITING INTENSIVE COURSE**: No

E. **GER CATEGORY:**

F. **SEMESTER(S) OFFERED:** Fall and Spring

G. **COURSE DESCRIPTION:**

In this course, students will focus on fitness theory, basic fitness training and conditioning principles, and work towards individual fitness goals.

H. **PRE-REQUISITES/CO-REQUISITES:**

    a. Pre-requisite(s):
    b. Co-requisite(s):
    c. Pre- or co-requisite(s):

I. **STUDENT LEARNING OUTCOMES:**

Course Student Learning Outcome [SLO]	ISLO
a. Describe current fitness trends and conditioning routines	5
b. Describe differences and plans for muscular strength, muscular endurance, cardiovascular endurance, body composition, among others	5
c. Demonstrate proper weight training, fitness training, and conditioning techniques	5
c. Develop and implement an action plan to achieve personal wellness goals	5

KEY	Institutional Student Learning Outcomes [ISLO 1 – 5]
ISLO #	ISLO & Subsets
1	**Communication Skills** Oral [O], Written [W]
2	**Critical Thinking** *Critical Analysis [CA] , Inquiry & Analysis [IA] , Problem Solving [PS]*
3	**Foundational Skills** *Information Management [IM], Quantitative Lit,/Reasoning [QTR]*
4	**Social Responsibility**

	Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]
5	**Industry, Professional, Discipline Specific Knowledge and Skills**

J.   **APPLIED LEARNING COMPONENT:**   **Yes X**   **No** ____

K. **TEXTS:**

L. **REFERENCES:**

M. **EQUIPMENT:**

N. **GRADING METHOD:** Pass/Fail

O. **SUGGESTED MEASUREMENT CRITERIA/METHODS:**
Discussion, participation, attendance

P. **DETAILED COURSE OUTLINE:**
I.   Fitness, training, and condition theory and safety
II.   Techniques and action plans
III.   Development and implementation of personal plan

Q. **LABORATORY OUTLINE:**