

Master Syllabus

ENS 1119 - Concepts of Fitness for Criminal Justice

Division: Health Sciences

Department: Exercise Science

Credit Hour Total: 2.0

Lecture Hrs: 2.0

Other Prerequisite(s): Other Restricted to Criminal Justice Science majors

Date Revised: February 2014

Course Description:

This course will provide the student an opportunity to learn and experience behaviors that will result in a healthy lifestyle. Principles of fitness and evaluation methods, as well as steps to take to achieve a healthy lifestyle will be explored.

General Education Outcomes:

- Critical Thinking/Problem Solving
- Computer Literacy

Course Outcomes:

Nutrition Behaviors

Identify the scientific principles of healthy nutrition behaviors and its importance to health and the misconceptions of diet and exercise.

Assessment Method: Locally developed exams

Performance Criteria: Correctly answer 70% of exam questions.

Stress Management

Identify techniques for recognizing and managing stress.

Assessment Method: Locally developed exams

Performance Criteria: Correctly answer 70% of exam questions.

Program Development

Discuss and apply principles of fitness to program development.

Assessment Method: Locally developed exams

Performance Criteria: Correctly answer 70% of exam questions.

Fitness Components

Explain the components of fitness and apply appropriate fitness evaluations.

Assessment Method: Locally developed exams

Performance Criteria: Correctly answer 70% of exam questions.

Outline:

Fitness evaluations
Nutrition, evaluation and assessment, weight management
Components of fitness
Program design for health or fitness
Identification of stressors and stress management
Self-evaluation of behavior and lifestyle
Program design for health or fitness