

## 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:** September 2017

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#### 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 Competency
- Computer Literacy Competency

#### Course Outcomes:

##### 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.

##### 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.

#### 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