

ARIZONA WESTERN COLLEGE
SYLLABUS

PER 104 PERSONAL FITNESS TRAINING

Credit Hours: 2 Lec .5 Lab 3

PREREQUISITE: None

COURSE DESCRIPTION

Instruction is individualized. Focus will be geared towards the components of fitness in achieving a healthy life style. NC/CR

1. COURSE GOAL

Fitness Training has become one of the more popular training methods in our society. This course provides a wide range of knowledge about proper conditioning techniques of the body.

2. OUTCOMES

Upon satisfactory completion of this course, students will be able to:

- 2.1 utilize weight and resistance training equipment safely and effectively.
- 2.2 demonstrate proper training techniques.
- 2.3 identify basic body anatomy and demonstrate proper body mechanics.
- 2.4 develop a safe and effective personal exercise program.

3. METHODS OF INSTRUCTION

- 3.1 Lectures
- 3.2 Instructor demonstrations

4. LEARNING ACTIVITIES

- 4.1 Student participation
- 4.2 Lessons from the instructor
- 4.3 Design personal plan for fitness workout

5. EVALUATION

- 5.1 Student's accomplishments will be evaluated by competency-based skills and body composition measurements
- 5.2 Student must participate in a minimum of three hours of exercise per week. Within those three hours, one hour must be with the instructor

6. STUDENT RESPONSIBILITIES

- 6.1 Under AWC Policy, students are expected to attend every session of class in which they are enrolled.
- 6.2 If a student is unable to attend the course or must drop the course for any reason, it will be the responsibility of the student to withdraw from the course. Students who are not attending as of the 45th day of the course may be withdrawn by the instructor. If the student does not withdraw from the course and fails to complete the requirements of the course, the student will receive a failing grade.
- 6.3 Americans with Disabilities Act Accommodations: Arizona Western College provides academic accommodations to students with disabilities through AccessABILITY Resource Services (ARS). ARS provides reasonable and appropriate accommodations to students who have documented disabilities. It is the responsibility of the student to make the ARS Coordinator aware of the need for accommodations in the classroom prior to the beginning of the semester. Students should follow up with their instructors once the semester begins. To make an appointment call the ARS

front desk at (928) 344-7674 or ARS Coordinator at (928) 344-7629, in the College Community Center (3C) building, next to Advising.

- 6.4 Academic Integrity: Any student participating in acts of academic dishonesty—including, but not limited to, copying the work of other students, using unauthorized “crib notes”, plagiarism, stealing tests, or forging an instructor’s signature—will be subject to the procedures and consequences outlined in AWC’s Student Code of Conduct.
- 6.5 Texts and Notebooks: Students are required to obtain the class materials for the course.
- 6.6 Arizona Western College students are expected to attend every class session in which they are enrolled. To comply with Federal Financial Aid regulations (34 CFR 668.21), Arizona Western College (AWC) has established an Attendance Verification process for “No Show” reporting during the first 10 days of each semester.
- Students who have enrolled but have never attended class may be issued a “No Show” (NS) grade by the professor or instructor and receive a final grade of “NS” on their official academic record. An NS grade may result in a student losing their federal financial aid.
- For online classes, *student attendance in an online class is defined as the following* (FSA Handbook, 2012, 5-90):
- Submitting an academic assignment
 - Taking an exam, an interactive tutorial or computer-assisted instruction
 - Attending a study group that is assigned by the school
 - Participating in an online discussion about academic matters
 - Initiating contact with a faculty member to ask a question about the academic subject studied in the course