

ARIZONA WESTERN COLLEGE
SYLLABUS

EXW 214 INSTRUCTIONAL COMPETENCY- FLEXIBILITY AND MIND-BODY EXERCISES

Credit Hours: 2 Lec 1 Lab 2

PREREQUISITE: EXW 225

COURSE DESCRIPTION

Fundamental methods of instructing and leading fitness activities including flexibility activities. Core competencies identified by professional certification agencies.

1. COURSE GOAL

Leading fitness activities within the flexibility and mind-body component of fitness.

2. OUTCOMES

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

- 2.1 screen and classify participants prior to exercise participation, based upon American College of Sports Medicine (ACSM) guidelines.
- 2.2 describe the benefits and specific exercises composing a proper warm-up and cool-down relative to a variety of physical activities.
- 2.3 describe anatomical and physiological characteristics relative to flexibility.
- 2.4 demonstrate the proper technique for a variety of generally safe and effective exercises to enhance range-of-motion (ROM) in the general population.
- 2.5 differentiate between appropriate and contraindicated flexibility exercises for the majority of an apparently healthy adult population.
- 2.6 demonstrate techniques and execution of a number of alternative mind-body movements.
- 2.7 develop safe and effective flexibility programs for individuals of carrying physical abilities.
- 2.8 demonstrate the techniques and skills critical to effective and motivating instruction for individuals and groups.
- 2.9 explain the most recent ACSM recommendation for the quantity and quality of exercise for the developing flexibility in healthy adults.

3. METHODS OF INSTRUCTION

- 3.1 Lecture
- 3.2 Presentations
- 3.3 Discussions

4. LEARNING ACTIVITIES

- 4.1 Discussions
- 4.2 Presentations
- 4.3 Demonstrations

5. EVALUATION

- 5.1 Quizzes/exams
- 5.2 Assignments

5.3 Participation

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 Students who are not attending as of the 45th day of the course may be withdrawn by the instructor.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