

Tompkins Cortland Community College
Master Course Syllabus

Course Discipline and Number: HLTH 126
Course Title: Health and Fitness

Year: 2025-2026
Credit Hours: 1

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description

Students closely examine the elements of health and health-related components of physical fitness in this introductory course. Planning and participating in an interesting successful exercise and nutrition program is a fundamental aspect of this course. Successfully preventing, responding to injury/illness, and increasing or maintaining a productive level of energy are all issues which, when managed properly, contribute to an improved quality of life. Additional topics addressed include finding meaningful work, enjoying leisure activities, growing older successfully, and improving and protecting the environment. Prerequisites: Prior completion or concurrent enrollment in MATH 090, ENGL 099, and RDNG 099 if required by placement testing. 1 Cr. (1 Lec.) Fall and spring semesters.

Course Context/Audience

This course is designed for all students and may be most useful during the first or second semester. Rationale: Improving physical conditioning and overall health will lead to higher levels of energy which will, in turn, prove beneficial to all students involved in demanding work, academic, and family schedules. Taking this course early may prove very useful to students interested in establishing healthy lifestyles. Students will be introduced to the TC3 Fitness Center and will become familiar with each piece of conditioning equipment. A fitness center Progress Chart will be discussed in depth, and students may opt to become fitness center members (membership is free to students who have paid the Student Activity Fee).

Basic Skills/Entry Level Expectations

Writing: W1 Student should be taking ENGL 099 (if needed). The course requires very limited writing, e.g., short written responses of a paragraph or less.

Math: M1 Taking MATH 090 (if needed) – Course requires limited use of very basic mathematical skills.

Reading: R1 Course may be taken concurrently with RDNG 099.

Course Goals

1. Students will investigate the elements of good health and will be able to describe their current health status relative to each element. The elements of health include: physical, intellectual, social, emotional, spiritual, environmental awareness, career and financial health. Each element of health will be investigated via internet web sites and textbook material.

Students will investigate the health-related components of physical fitness and will be able to describe their current fitness level relative to each element. Students will also be exposed to a computerized nutrition program and will analyze their personal diet.

Course Objectives/Topics

Objective/Topic	# Hours
Syllabus Review, Wellness Continuum, Health Risk Appraisal	1 Hour
The Elements of Health	1 Hour
Group project assignment/guidelines	1 Hour
Risk Management Local, State, National, Global	1 Hour
26+ Ways to Respond to Emergencies	1 Hour
Planning a Successful Exercise Program	1 Hour
Exam I	1 Hour
Nutrition & Weight Control	1 Hour
Diet Analysis Groups I, II present	1 Hour
Groups III, IV present	1 Hour
Groups V, VI present	1 Hour
Fitness Testing Methods	1 Hour
Selecting a FITN Course, Evaluating, Sports Performances	1 Hour
Exam II	1 Hour
Exam Review, Final Course Grade	1 Hour

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
Students will be able to ➤ develop meaningful questions to address problems or issues. ➤ gather, interpret, and evaluate relevant sources of information. ➤ reach informed conclusions and solutions. ➤ consider analytically the viewpoints of self and others.	• Class discussions developed around specific fitness and wellness issues • Reflective learning summaries shared in small groups • Position papers – brief written assignments used to clarify one's own beliefs • Research paper (topic chosen of interest to individual student) • Critiques (brief critical reviews of available health related information) • Implementing and evaluating personal progress of individualized exercise program. • Self-assessments of physical fitness, including muscle strength and endurance, cardio-respiratory endurance, flexibility, and body composition. • Self-assessments relating to exercise, nutrition, sleep, personal hygiene, drug use and sexual behaviors. • Health Risk Appraisal • Personal interviews with practicing health and fitness professionals • Position papers • Class discussions

SOCIAL/GLOBAL AWARENESS OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
➤ Students will begin to understand how their lives are shaped by the complex world in which they live. ➤ Students will understand that their actions have social, economic and environmental consequences.	By analyzing the elements of health: emotional, spiritual, social, and physical. Through class discussions of common health problems and healthy behavior issues. Through exploration of cultural, emotional, and social factors affecting are we are perceived by others.

Instructional Methods

The instructor should use multimedia presentations, large group lecture, small group work, student presentations of health elements, invited guest speakers, statistical analysis and individual student record keeping.

Methods of Assessment/Evaluation

Method	% Course Grade
Two Exams	50%
Assignments	40%
Group Project	10%

Text(s)

Total Fitness and Wellness, Scott Powers, Stephen, and Virginia J. Noland, 5th Edition, © 2009 Pearson Publishing.
Required

Bibliography

No print resources specified

Other Learning Resources

Audiovisual

Video: Fit or Fat (40 minutes)

Video: The Miracle of Life (40 minutes)

Video: Man, The Incredible Machine (40 minutes)

DVD: ABCs of Vitamins

DVD: Eating Disorders-New Approaches to Treatment

Electronic

Instructor's Resource CD-ROM for Total Fitness and Wellness (4th Edition)

Discovery Health Channel CD-ROM Health & Wellness Lecture Launcher

www.acsm.org (American College of Sports Medicine – ACSM)

www.webmd.com (WEBMD)

www.health.gov/healthypeople/publications (Healthy People 2010 Report)

www.aahperd.org (American Alliance for Health, Physical Education, Recreation and Dance - AAHPERD)

www.cooperfitness.com (Cooper Fitness Center)

www.nejm.org (New England Journal of Medicine)

www.nationalwellness.org (National Wellness Institute)

www.healthway.gov (Health Way)

www.cdc.gov (Center for Disease Control & Prevention)

Other

In-class fitness equipment, muscular strength, and flexibility demonstrations by TC3 Fitness Center Staff