

**University of Arkansas – Fort Smith  
5210 Grand Avenue  
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Fort Smith, AR 72913-3649  
479-788-7000**

**General Syllabus**

**PHYE 1621 Total Fitness**

**Credit Hours:** 1

**Activity Hours:** 2

**Prerequisite:** None

**Effective Semester:** Fall 2007

**I. Course Information**

**A. Catalog Description**

A fitness program that develops muscle strength, flexibility, body composition, and cardiovascular respiratory endurance. Pre- and post-evaluations serve to measure outcomes. Course will meet at times specified by the schedule of classes and will not be available during the fitness center's regular operating hours. A nominal users' fee is required. May be repeated for a total of four hours.

**B. Additional Information - None**

**II. Student Learning Outcomes**

**A. Subject Matter**

Upon successful completion of this course, the student will be able to:

1. Understand the need for a lifestyle which includes weight management, physical activity, and living and working environment which promotes physical and mental well-being.
2. Understand the components of physical fitness and apply to daily lifestyle.
3. Identify fitness and wellness goals and obtain the knowledge of how to move towards reaching the goals.
4. Understand the importance of including physical assessments to measure outcomes of physical fitness.

**B. University Learning Outcomes**

This course enhances student abilities in the following areas:

**Analytical Skills**

Students will learn to analyze the form and techniques of proper physical movements performed in this class.

### **III. Major Course Topics**

- A. Cardiovascular endurance
- B. Muscular endurance
- C. Muscular strength
- D. Flexibility
- E. Body composition
- F. Exercise duration
- G. Exercise frequency
- H. Exercise intensity
- I. Physical assessments

