

Hagerstown Community College
Official Course Syllabus Document
(replace this parenthetical with semester and year)

COURSE:

DNC 210 – Concepts in Human Movement (3 credits)

(replace this parenthetical with section number & Days/Times class meets)

INSTRUCTOR:

(replace this parenthetical with name, office hours, and all contact information)

COURSE DESCRIPTION:

This course will offer students the opportunity to increase physical awareness and become more familiar with the musculoskeletal system, physical activity, health and fitness. Students will be able to master skills in identifying a healthy lifestyle vs. an unhealthy lifestyle. Students will examine in detail how to identify risk factors, perform assessments, and learn how to develop exercise prescriptions to achieve personal movement goals and a healthier lifestyle. Students will also learn safe and effective exercises, in addition to diet and behavior modification to increase mobility and flexibility, and how to control muscular tension in themselves and other individuals desiring to make life-altering modifications.

TEXTBOOK:

National Strength and Conditioning Association. (2012). *NSCA's Essentials of Personal Training. 2nd ed.*

STUDENT LEARNING OUTCOMES:

- Describe the different aspects of achieving a healthier lifestyle through exercise and nutrition.
- Identify special populations; learn the contraindications and how to adapt to them by forming a safe and effective exercise program.
- Examine the best methods for helping a client achieve fitness goals, via different exercises modalities and behavior modification.

*These outcomes all meet Dance Program Outcome of “Employ tools for achieving lifelong physical fitness and dance career longevity.”)

MINIMUM CLOCK HOURS REQUIRED FOR THIS COURSE

To earn one hour of academic credit at HCC, students are required to complete a minimum of 12.5 clock hours (15 fifty-minute “academic” hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 12.5 minimum hours of coursework per credit. A three credit hour course requires 37.5 clock hours.

For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour of in-class coursework.

	DIRECT Faculty Instruction In-class 37.5 h required	Student Work Out of Classroom 75 h required
In-class instruction, and discussion	37.5 hours	
Assigned readings		15 hours
Chapter quiz/activity	Included in lecture time	25 hours including prep
Homework and Labs	Included in lecture time	10 hours
Movement Analysis Project	Included in lecture time	15 hours
2 Lecture Exams	Included in lecture time	15 hours of preparation
Total Hours	37.5 h	75 h

ASSESSMENT PROCEDURES:

(replace this parenthetical with explanation of quizzes, exams, projects, etc.; the grading scale and how a student can calculate a grade need to be included here as well)

COURSE POLICIES:

(please delete this parenthetical: Course policies should contain statements about the following topics, as well as any individual policies of an instructor. Please consider a plagiarism statement; the student handbook defines plagiarism this way: Plagiarism is the use of ideas or work of another without sufficient acknowledgment that the material is not one's own. Examples of plagiarism include submitting material created by another as one's own work or including passages of another author without giving due credit, and submitting purchased material, in any form of communication, as one's own work.)

- Attendance Policy – the college attendance policy can be found in the College catalog.
- The instructor reserves the right to modify course content.
- HCC abides by an honor code that can be found in the student handbook and college catalog: "I promise to uphold the Hagerstown Community College Honor System and to understand all written provisions pertaining to its application. As a member of the college community, I hold the qualities of honesty and integrity in highest regard and will not violate them nor tolerate those who do."

Inclement Weather Policy:

(replace parenthetical with directions as to what students should do if the weather is bad and class must be cancelled. Please consider having students also refer to the student handbook.)

Services for Students with Disabilities:

Students may receive reasonable accommodations if they have a diagnosed disability and present appropriate documentation. Students seeking accommodations are required to contact the Disability Support Services (DSS) office as early as possible. Students may contact a DSS staff member for an appointment at dss@hagerstowncc.edu or at 240-500-2530.