Students will learn proper exercises for weight loss and muscle toning. The class will focus on the correct exercises based on personal body type to maximize weight loss and muscle toning.

COURSE OBJECTIVE

The purpose of this training is to help you with some fun exercises to help you lose weight and tone your body. Tips and ideas on a longer and healthier life will also be discussed.

GOALS

In this course students will:

- Learn the proper way to exercise
- The best types of exercise to lose weight
- The best exercises to gain muscle tone
- Exercises that can be done at home
- Exercises that can be done at the gym
- How to work exercise into a busy life style

LEARNING OUTCOMES

Students will demonstrate mastery of these objectives by participating in class activities. By the end of the course, students will:

- Demonstrate proper toning techniques
- Reduce weight

PREREQUISITE

None

REQUIRED TEXTBOOK

None

COURSE REQUIREMENTS AND EXPECTATIONS

This is a 12-hour instructor guided course. Student will participate in class activities and to dress appropriately; shorts, T-shirts, or exercise clothing. Clothing should be comfortable and allow unrestricted movement. No shoes will be worn.
ATTENDANCE

To fully benefit from the class, students are expected to attend all classes.

OPPORTUNITIES FOR STUDENT-FACULTY INTERACTION

Students are encouraged to ask questions and request clarification or guidance as needed during class. A question and answer period is always provided.

OPPORTUNITIES FOR CAREER EXPLORATION

Topics relevant to future employment and career exploration opportunities will be presented to the students, including certification and degree prospects.

OPPORTUNITIES FOR SUPPLEMENTAL INSTRUCTION

Students are informed of instructional aids and resources, including books, other publications, and web sites relevant to the course.

SPEAKER FORUM

At the discretion of the instructor, speakers may be invited to address the class on pertinent topics.

CELL PHONES AND PAGERS

Cell phones and pagers can be disruptive during class. Please turn these devices off since ringing, buzzing, and other forms of disturbances are not good for the class. Your full and active attention is required.

WITHDRAWAL AND REFUND POLICY

Please refer to your schedule for withdrawal and refund policy.

DISABILITY SERVICES

Any student with a documented disability (e.g. physical, learning, psychiatric, vision, hearing, etc.) who needs to arrange reasonable accommodations must contact the Disability Services Office at the respective college at the beginning of each semester. Faculty is authorized to provide only the accommodations requested by the Disability Support Services Office. The Southwest College Disability Services Office phone number is 713-718-7909.

COURSE CONTENT

Class will perform exercises that focus on muscle toning and weight loss.

STUDENT ASSESSMENT

Students will demonstrate mastery of skills to instructor.