



CREDIT COURSE OUTLINE

I. COVER PAGE

(1) PE 18	(2) FLOOR EXERCISES	(3) 1
Number	Title	Units

<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td colspan="3">(4) Lecture / Lab Hours:</td> </tr> <tr> <td colspan="3">Total Course Hours</td> </tr> <tr> <td style="width:20%;">Total Lec hours:</td> <td style="width:10%;"></td> <td style="width:10%; text-align: center;">0</td> </tr> <tr> <td>Total Lab hours:</td> <td></td> <td style="text-align: center;">2.00</td> </tr> <tr> <td>Total Contact hours:</td> <td></td> <td style="text-align: center;">36.00</td> </tr> <tr> <td colspan="3">Lec will generate <u>0</u> hour(s) outside work.</td> </tr> <tr> <td colspan="3">Lab will generate <u>1</u> hour(s) outside work.</td> </tr> <tr> <td colspan="3">(5) Grading Basis:</td> </tr> <tr> <td>Grading Scale Only</td> <td></td> <td></td> </tr> <tr> <td>Pass/No Pass option</td> <td></td> <td style="text-align: center;">X</td> </tr> <tr> <td>Pass/No Pass only</td> <td></td> <td></td> </tr> <tr> <td colspan="3">(6) Advisories:</td> </tr> <tr> <td colspan="3">Eligibility for English 126</td> </tr> <tr> <td colspan="3">Eligibility for English 125</td> </tr> <tr> <td colspan="3">(7) Pre-requisites(requires C grade or better):</td> </tr> <tr> <td colspan="3">Corequisites:</td> </tr> </table>	(4) Lecture / Lab Hours:			Total Course Hours			Total Lec hours:		0	Total Lab hours:		2.00	Total Contact hours:		36.00	Lec will generate <u>0</u> hour(s) outside work.			Lab will generate <u>1</u> hour(s) outside work.			(5) Grading Basis:			Grading Scale Only			Pass/No Pass option		X	Pass/No Pass only			(6) Advisories:			Eligibility for English 126			Eligibility for English 125			(7) Pre-requisites(requires C grade or better):			Corequisites:			<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td colspan="3">(8)Classification:</td> </tr> <tr> <td style="width:20%;"></td> <td style="width:20%;"></td> <td style="width:20%;"></td> </tr> <tr> <td></td> <td>Degree applicable:</td> <td style="text-align: center;">X</td> </tr> <tr> <td></td> <td>Non-degree applicable:</td> <td></td> </tr> <tr> <td></td> <td>Basic skills:</td> <td></td> </tr> <tr> <td>(9)RC</td> <td>Fulfills AS/AA degree requirement: (area)</td> <td></td> </tr> <tr> <td></td> <td>Physical Education</td> <td></td> </tr> <tr> <td></td> <td>General education category:</td> <td></td> </tr> <tr> <td></td> <td>Major:</td> <td></td> </tr> <tr> <td></td> <td>Certificate of:</td> <td></td> </tr> <tr> <td></td> <td>Certificate in:</td> <td></td> </tr> <tr> <td>(10)CSU</td> <td>Baccalaureate:</td> <td style="text-align: center;">X</td> </tr> <tr> <td>(11)Repeatable: (A course may be repeated three times)</td> <td></td> <td style="text-align: center;">3</td> </tr> </table>	(8)Classification:							Degree applicable:	X		Non-degree applicable:			Basic skills:		(9)RC	Fulfills AS/AA degree requirement: (area)			Physical Education			General education category:			Major:			Certificate of:			Certificate in:		(10)CSU	Baccalaureate:	X	(11)Repeatable: (A course may be repeated three times)		3
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(12) Catalog Description:
 This course is designed to understand, practice, and improve upon the five components of fitness: muscular endurance, muscular strength, cardiovascular fitness, flexibility, and body composition. Class objectives will center around the basic principles of physical training: specificity, overload, reversibility and individual differences. Students will learn proper exercise techniques, how to use various types of fitness equipment, and overall safety.

II. COURSE OUTCOMES:

(Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)

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

- I. Analyze and assess their fitness levels based on the five components of fitness: muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition through the use of pre- and post-testing with various measuring devices (body fat analyzer, sit and reach, scales, etc.).
- II. Execute isotonic and isometric exercises using weights, resistance bands, balls, powerwands, flex bands, and body weight. These exercises are designed specifically to develop:
- III. Muscular Endurance
- IV. Muscular Strength
- V. Flexibility
- VI. Cardiovascular Endurance
- VII. Body Composition

III. COURSE OBJECTIVES:

(Specify major objectives in terms of the observable knowledge and/or skills to be attained.)

In the process of completing this course, students will:

- I. Execute exercises in the following areas:
- II. Muscular strength
- III. Muscular endurance
- IV. Flexibility
- V. Cardiovascular Endurance
- VI. Demonstrate and participate in exercises for the specified component of fitness
- VII. Use of hand weights and resistance bands for muscular strength.
- VIII. Use of isometric and isotonic exercises using body weight to build muscular endurance.
- IX. Walk, jog, run, and/or aerobics for cardiovascular endurance

- X. Use of flex bands for stretching and strength improvement
- XI. Use balance ball for stability, strengthening exercise and flexibility

IV. COURSE OUTLINE:

Lab Content:

see lecture

V. APPROPRIATE READINGS

Reading assignments may include but are not limited to the following:

I. Sample Text Title:

- 1. Recommended - McManamas/Schmottlach *Physical Education Activity Handbook*, Benjamin-Cummings Pub Co, 2005,

II. Other Readings

- Global or international materials or concepts are appropriately included in this course
- Multicultural materials and concepts are appropriately included in this course

If either line is checked, write a paragraph indicating specifically how global/international and/or multicultural materials and concepts relate to content outline and/or readings.

Fitness levels, body types, and fitness experiences can be diverse and be based on individuality, exercise experience, as well as cultural differences. The instructor can discuss these differences as well as practice some of them. This allows students to be exposed to the different modalities used for fitness based on these differences.

VI. METHODS TO MEASURE STUDENT ACHIEVEMENT AND DETERMINE GRADES:

Students in this course will be graded in at least one of the following four categories. Please check those appropriate. A degree applicable course must have a minimum of one response in category A, B, or C.

A. Writing			
Check either 1 or 2 below			
<i>1. Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.</i>			
X	<i>2. Substantial writing assignments are NOT required. If this box is checked leave this section blank. For degree applicable courses you must complete category B and/or C.</i>		
	a) essay exam(s)		d) written homework
	b) term or other paper(s)		e) reading reports
	c) laboratory report(s)		f) other (specify)

Required assignments may include but are not limited to the following:

B. Problem Solving			
Computational or non-computational problem-solving demonstrations, including:			
	a) exam(s)		d) laboratory reports
	b) quizzes		e) field work
	c) homework problems		f) other (specify):

Required assignments may include but are not limited to the following:

C. Skill demonstrations, including:			
X	a) class performance(s)	X	c) performance exams(s)
	b) field work		d) other (specify)

Required assignments may include but are not limited to the following:

- 1. Demonstrate the proper techniques for using various fitness modalities (bands, wands, hand weights).
- 2. Understand and be able to administer and evaluate various fitness tests.
 - a. sit-up/Push-up Test
 - b. body composition
 - c. sit and reach
 - d. Target Heart Rate

D. Objective examinations including:			
X	a) multiple choice		d) completion
X	b) true/false		e) other (specify):

X	c) matching items
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COURSE GRADE DETERMINATION:

Description/Explanation: Based on the categories checked in A-D, it is the recommendation of the department that the instructor's grading methods fall within the following departmental guidelines; however, the final method of grading is still at the discretion of the individual instructor. The instructor's syllabus must reflect the criteria by which the student's grade has been determined. (A minimum of five (5) grades must be recorded on the final roster.)

If several methods to measure student achievement are used, indicate here the approximate weight or percentage each has in determining student final grades.

50% Participation 25% Skills/performance tests 25% Written Tests

VII. EDUCATIONAL MATERIALS

For degree applicable courses, the adopted texts, as listed in the college bookstore, or instructor-prepared materials have been certified to contain college-level materials.

Validation Language Level (check where applicable):	College-Level Criteria Met	
	YES	NO
Textbook	<u>X</u>	_____
Reference materials	<u>X</u>	_____
Instructor-prepared materials	<u>X</u>	_____
Audio-visual materials	<u>X</u>	_____

Indicate Method of evaluation:

- Used readability formulae (grade level 10 or higher) _____
- Text is used in a college-level course X
- Used grading provided by publisher _____
- Other: (please explain; relate to Skills Levels) _____

<i>Computation Level</i> (Eligible for MATH 101 level or higher where applicable)	_____	<u>X</u>
Content		
Breadth of ideas covered clearly meets college-level learning objectives of this course	<u>X</u>	_____
Presentation of content and/or exercises/projects:		
Requires a variety of problem-solving strategies including inductive and deductive reasoning.	<u>X</u>	_____
Requires independent thought and study	<u>X</u>	_____
Applies transferring knowledge and skills appropriately and efficiently to new situations or problems.	<u>X</u>	_____

List of Reading/Educational Materials

Recommended - McManamas/Schmottlach *Physical Education Activity Handbook*, Benjamin-Cummings Pub Co, 2005,

Comments:

_____ This course requires special or additional library materials (list attached).

X This course requires special facilities:
Dance/aerobics room with wood flooring and mirrored walls.

Attached Files:

<p>BASIC SKILLS ADVISORIES PAGE The skills listed are those needed for eligibility for English 125, 126, and Math 101. These skills are listed as the outcomes from English 252, 262, and Math 250. In the right hand column, list at least <u>three</u> major basic skills needed at the beginning of the target course and check off the corresponding basic skills listed at the left.</p>	
<p>(eligibility for English 126) (as outcomes for English 262)</p> <p><u>X</u> Using phonetic, structural, contextual, and dictionary skills to attack and understand words.</p> <p>_____ Applying word analysis skills to reading in context.</p> <p><u>X</u> Using adequate basic functional vocabulary skills.</p> <p><u>X</u> Using textbook study skills and outlining skills.</p> <p>_____ Using a full range of literal comprehension skills and</p> <p>_____ basic analytical skills such as predicting,</p>	<p>Student must be able to read the required text.</p> <p>Student must be able to apply word analysis skills to fitness terminology.</p> <p>Student must be able to read the written exams.</p>

<p>inferring, concluding, and evaluating.</p>	
<p>(eligibility for English 125) (as outcomes for English 252)</p> <p><input checked="" type="checkbox"/> Writing complete English sentences and avoiding errors most of the time.</p> <p><input checked="" type="checkbox"/> Using the conventions of English writing: capitalization, punctuation, spelling, etc.</p> <p><input checked="" type="checkbox"/> Using verbs correctly in present, past, future, and present perfect tenses, and using the correct forms of common irregular verbs.</p> <p><input type="checkbox"/> Expanding and developing basic sentence structure with appropriate modification.</p> <p><input type="checkbox"/> Combining sentences using coordination, subordination, and phrases.</p> <p><input type="checkbox"/> Expressing the writer's ideas in short personal papers utilizing the writing process in their development.</p>	<p>Student must be able to complete the exams.</p> <p>Students must be able to recognize basic skills techniques and logically express them on written exams.</p> <p>Student must be able to evaluate muscle location and use appropriate terminology when describing them.</p>
<p>Check the appropriate spaces.</p> <p><input type="checkbox"/> Eligibility for Math 101 is advisory for the target course.</p> <p><input checked="" type="checkbox"/> Eligibility for English 126 is advisory for the target course.</p> <p><input checked="" type="checkbox"/> Eligibility for English 125 is advisory for the target course.</p> <p><i><u>If the reviewers determine that an advisory or advisories in Basic Skills are all that are necessary for success in the target course, stop here, provide the required signatures, and forward this form to the department chair, the appropriate associate dean, and the curriculum committee.</u></i></p>	

CONTENT REVIEW

REQUISITES
No requisites