



**CREDIT COURSE OUTLINE**

**I. COVER PAGE**

(1) PE 6	(2) FITNESS AND HEALTH	(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>0</u> hour(s) outside work.</td> </tr> <tr> <td>(5) Grading Basis:</td> <td>Grading Scale Only</td> <td></td> </tr> <tr> <td></td> <td>Pass/No Pass option</td> <td style="text-align: center;">X</td> </tr> <tr> <td></td> <td>Pass/No Pass only</td> <td></td> </tr> <tr> <td>(6) Advisories:</td> <td colspan="2">Eligibility for English 125 and Eligibility for English 126</td> </tr> <tr> <td>(7) Pre-requisites(requires C grade or better):</td> <td colspan="2"></td> </tr> <tr> <td>Corequisites:</td> <td colspan="2"></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>0</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 125 and Eligibility for English 126		(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>PHYSICAL EDUCATION</td> </tr> <tr> <td></td> <td>Certificate of:</td> <td></td> </tr> <tr> <td></td> <td>Certificate in:</td> <td>COACHING</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:	PHYSICAL EDUCATION		Certificate of:			Certificate in:	COACHING	(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 improve physical fitness levels through a variety of exercise activities including, but not limited to, recreational activities, strength development, cardio-respiratory development, and improved flexibility. The following components of physical fitness will be emphasized: muscular endurance, muscular strength, cardio-respiratory endurance, flexibility and body composition. It will be organized around these three objectives: safe performance of activity, appropriateness of activity for each individual, and the importance of the activity.

**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. Recognize the benefits of engaging in life-long fitness/leisure activities.
- II. Identify the main components of a healthy diet and its affect on weight control.
- III. Apply exercise principles to improve flexibility, strength, and endurance.

**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. Perform exercises specific to muscles of the upper and lower body.
- II. Evaluate individual personal fitness in strength, flexibility and endurance.
- III. Identify individual nutritional goals to improve weight management.

**IV. COURSE OUTLINE:**

**Lab Content:**

- I. Body composition analysis
- II. Nutritional information for proper food choices
- III. Pre-test/post-test for normative data the areas of muscular strength, endurance and flexibility
- IV. Cardiovascular conditioning

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.

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.

<b>A. Writing</b>			
Check either 1 or 2 below			
	1. Substantial writing assignments are required. Check the appropriate boxes below and provide a written description in the space provided.		
X	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.		
	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>B. Problem Solving</b>			
Computational or non-computational problem-solving demonstrations, including:			
X	a) exam(s)		d) laboratory reports
X	b) quizzes		e) field work
	c) homework problems		f) other (specify):

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

- Required Assignments:  
 Homework activities focusing on: 1. Calculating target training heart rates  
 2. Rules and safety of activities performed in class.

<b>C. Skill demonstrations, including:</b>			
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. Sit-up test
2. Demonstration of proper technique in various fitness activities.

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

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 Test 25% Objective 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>	<u>      </u>
Reference materials	<u>  X  </u>	<u>      </u>
Instructor-prepared materials	<u>  X  </u>	<u>      </u>
Audio-visual materials	<u>      </u>	<u>  X  </u>

Indicate Method of evaluation:

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

<i>Computation Level</i> (Eligible for MATH 101 level or higher where applicable)	<u>      </u>	<u>  X  </u>
Content		
Breadth of ideas covered clearly meets college-level learning objectives of this course	<u>  X  </u>	<u>      </u>
Presentation of content and/or exercises/projects:		
Requires a variety of problem-solving strategies including inductive and deductive reasoning.	<u>  X  </u>	<u>      </u>
Requires independent thought and study	<u>  X  </u>	<u>      </u>
Applies transferring knowledge and skills appropriately and efficiently to new situations or problems.	<u>  X  </u>	<u>      </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).  
 This course requires special facilities:  
  X   Properly equipped fitness facility with free weights, machine weights, stationary bikes, and various fitness modalities, ie fitness balls.

Attached Files:

<p><b>BASIC SKILLS ADVISORIES PAGE</b> 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><u>  X  </u> Applying word analysis skills to reading in context.</p> <p><u>  X  </u> Using adequate basic functional vocabulary skills.</p> <p><u>      </u> Using textbook study skills and outlining skills.</p> <p><u>      </u> Using a full range of literal comprehension skills and basic analytical skills such as predicting, inferring, concluding, and evaluating.</p>	<p>Students must be able to complete mid-term and final examinations.</p> <p>Students must be able to evaluate fitness and leisure activities and use appropriate terminology when describing them.</p> <p>Students must be able to complete writing assignments and exams.</p>

(eligibility for English 125)  
 (as outcomes for English 252)

Writing complete English sentences and avoiding errors most of the time.

Using the conventions of English writing: capitalization, punctuation, spelling, etc.

Using verbs correctly in present, past, future, and present perfect tenses, and using the correct forms of common irregular verbs.

Expanding and developing basic sentence structure with appropriate modification.

Combining sentences using coordination, subordination, and phrases.

Expressing the writer's ideas in short personal papers utilizing the writing process in their development.

Students must be able to read and comprehend instructor handouts and reading materials.

Students must be able to understand basic terminology commonly used in fitness and health related activities.

Students must be able to read the written tests that are given.

Check the appropriate spaces.

Eligibility for Math 101 is advisory for the target course.

Eligibility for English 126 is advisory for the target course.

Eligibility for English 125 is advisory for the target course.

*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.*

**CONTENT REVIEW**

**REQUISITES**

No requisites