



CREDIT COURSE OUTLINE

I. COVER PAGE

(1) PE 6 _____ (2) FITNESS AND HEALTH _____ (3) 1 _____
 Number Title Units

(4) Lecture / Lab Hours:			(8) Classification:		
Total Course Hours					
	Total Lec hours:	0		Degree applicable:	X
	Total Lab hours:	2.00		Non-degree applicable:	
	Total Contact hours:	36.00		Basic skills:	
Lec will generate <u>0</u> hour(s) outside work.			(9) RC Fulfills AS/AA degree requirement: (area)		
Lab will generate <u>0</u> hour(s) outside work.			Physical Education		
			General education category:		
			Major:		
(5) Grading Basis: Grading Scale Only			Certificate of:		
	Pass/No Pass option	X	Certificate in:		
	Pass/No Pass only				
(6) Advisories:			(10) CSU Baccalaureate: X		
Eligibility for English 125 and			(11) Repeatable: (A course may be repeated three times)		
Eligibility for English 126			3		
(7) Pre-requisites (requires C grade or better):					
Corequisites:					

(12) Catalog Description:

This course will emphasize the five basic components of physical fitness: muscular endurance, muscular strength, cardiovascular fitness, flexibility and body mass index (BMI). 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:

- Apply knowledge and/or skills to execute exercises in the following areas: a. Muscular endurance/strength b. Flexibility improvement c. Cardiovascular improvement
- B. Demonstrate and choose exercises for the specified component of fitness: a. Use of hand weights for strength improvement b. Walk/run or slow jog for cardiovascular improvement c. Use of machine weights, dumbbells, and free weights

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:

- A. Execute exercises designed specifically for: a. Muscular Endurance b. Muscular Strength c. Flexibility Improvement d. Cardiovascular Improvement e. Body Mass Index
- B. Understand and Demonstrate proper safety techniques
- C. Perform exercises specific to muscles of the upper and lower body.

- D. Analyze and assess personal fitness in strength, flexibility and endurance.

IV. COURSE OUTLINE:

Lab Content:

I) Exercises to be performed:

A) Muscular endurance/strength

- 1) Sit-ups for abdominal muscles
- 2) Light dumbbells for muscular strength exercise
- 3) Push-ups/wall squats for muscular endurance exercises

B) Cardiovascular endurance

- 1) Low intensity aerobics (step)
- 2) Walk, jog, run

C) Flexibility

- 1) Upper back and neck stretches
- 2) Upper leg stretches for hamstrings and quadriceps muscle group
- 3) Lower back stretches (fitness ball)

II) Measure and calculate Target Heart Rate (THR)

V. APPROPRIATE READINGS

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

A. Sample Text Title:

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

B. 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.

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)
	b) term or other paper(s)
	c) laboratory report(s)
	d) written homework
	e) reading reports
	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:	
X	a) exam(s)
X	b) quizzes
	c) homework problems
	d) laboratory reports
	e) field work
	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.

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

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

- 1. Sit-up test
- 2. Demonstration of proper lifting techniques with various apparatuses

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

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% 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	<u>X</u>
Used grading provided by publisher	_____
Other: (please explain; relate to Skills Levels)	_____

Computation Level (Eligible for MATH 101 level or higher where applicable)

_____ X

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).

_____ 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:

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.	
(eligibility for English 126) (as outcomes for English 262)	Students must be able to understand officiating signals and use appropriate terminology to describe them.
<u>X</u> Using phonetic, structural, contextual, and dictionary skills to attack and understand words.	Students must be able to logically express skill techniques, rules, and strategies on written exams.
<u>X</u> Applying word analysis skills to reading in context.	Students must be able to complete examinations.
<u>X</u> Using adequate basic functional vocabulary skills.	
_____ Using textbook study skills and outlining skills.	
_____ Using a full range of literal comprehension skills and basic analytical skills such as predicting,	

inferring, concluding, and evaluating.	
(eligibility for English 125) (as outcomes for English 252) <input checked="" type="checkbox"/> Writing complete English sentences and avoiding errors most of the time. <input checked="" type="checkbox"/> Using the conventions of English writing: capitalization, punctuation, spelling, etc. <input checked="" type="checkbox"/> Using verbs correctly in present, past, future, and present perfect tenses, and using the correct forms of common irregular verbs. <input type="checkbox"/> Expanding and developing basic sentence structure with appropriate modification. <input type="checkbox"/> Combining sentences using coordination, subordination, and phrases. <input type="checkbox"/> Expressing the writer's ideas in short personal papers utilizing the writing process in their development.	Students must be able to read the required text and/or materials. Students must be able to apply word analysis skills to volleyball terminology. Students must be able to read the written test given during the semester.
<p><u>Check the appropriate spaces.</u></p> <input type="checkbox"/> Eligibility for Math 101 is advisory for the target course. <input checked="" type="checkbox"/> Eligibility for English 126 is advisory for the target course. <input checked="" type="checkbox"/> Eligibility for English 125 is advisory for the target course. <i>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.</i>	

CONTENT REVIEW

REQUISITES
No requisites