CREDIT COURSE OUTLINE

I. COVER PAGE

(1) PE 19	(2) WEIGHT TRAINING AND AEROBICS	(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 0 hour(s) outside work.				(9)RC	Fulfills AS/AA degree requirement: (area)		
	Lab will generate 1 hour(s) outside work.					Physical Education		
						General education category:		
(5)	Grading Basis:	Grading Scale Only				Major:		
		Pass/No Pass option		X		Certificate of:		
		Pass/No Pass only				Certificate in:		
(6)	Advisories: Eligibility for English 126				(10)CSU	Baccalaureate:		X
					(11)Repeatable: (A course may be repeated three times)			3
(7)	Pre-requisites(requires C grade or better):							
	Corequisites:							

(12) Catalog Description:
This course is designed to understand, develop, and improve upon all components of physical fitness through resistance and aerobic training, use of free weights, weight machines, and cardio-respiratory equipment. Components of Physical Fitness which will be emphasized are: Muscular Endurance, Muscular Strength, Cardio-Respiratory Endurance, Flexibility, and Body Composition.

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:

A. Analyze and assess their fitness levels based on the five components of fitness: muscular strength, muscular endurance, cardio-respiratore endurance, flexibility, and body composition through the use of pre- and post-testing with various measuring devices (body fay analyzer, scale, sit and reach, etc).
B. calculate, understand, and implement Target Heart Rate (THR) and Resting Heart Rate
C. select, implement, and practice appropriate fitness activities that promote improved levels of muscular strength, muscular endurance, cardio-respiratory endurance, flexibility, and 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:

A. practice proper weight room safety and etiquette.
B. use proper lifting techniques related to specific resistance training exercises and acquire a basic knowledge of muscle groups and their application in the weight room.
C. understand target-heart-rate (THR) and how it applies to exercise.
D. examine proper nutritional choices required to help acquire/maintain a healthy body composition.

E. recognize the five (5) components of physical fitness and understand how they relate to the development of overall physical fitness.

IV. COURSE OUTLINE:

Lab Content:

A. Introduction
1. Grading/evaluation process
2. Appropriate exercise attire
3. Weight room etiquette and safety

B. Pre-test assessment of student's physical fitness level:
1. Muscular strength & endurance
 a. sit-up/push-up test
2. Cardio-respiratory endurance
 a. Harvard-step test
 b. Timed 1 mile run
3. Body composition
 a. % body fat
 b. BMI
4. Flexibility
 a. Sit-reach test

C. Introduction of training program
1. Weight room procedures
2. Care and use of weight training and aerobic equipment
3. Demonstration of core lifts

D. Instruction in:
1. Proper lifting techniques
2. Proper lifting order and count
3. Calculation of target-heart-rate (THR) and appropriate training thresholds
4. Dietary habits and its effects (positive/negative) on body composition

E. Participation in training program to develop and improve muscular strength, muscular endurance, cardio-respiratory endurance, body composition, and flexibility

F. Post-test assessment of student's physical fitness level:
1. Muscular strength & endurance
 a. sit-up/push-up test
2. Cardio-respiratory endurance
 a. Harvard-step test
 b. Timed 1 mile run/walk
3. Body composition
 a. % fat weight
4. Flexibility
 a. Sit-reach test

G. Final evaluation of the student's knowledge of muscle groups and the correct exercise used to develop that area

V. APPROPRIATE READINGS

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

A. Sample Text Title:
1. Recommended - Roberta Stokes and Diane Trapp *Aerobic Fitness Everyone,* ed. 3rd -, 2004,

B. Other Readings

___ Global or international materials or concepts are appropriately included in this course
_X_ 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.

While discussing and testing body composition, we address dietary concepts that are specific to various ethnic populations. Diets that are traditional to specific cultures may often be high in saturated fats predisposing certain ethnic populations to greater risks for the early onset of obesity and coronary heart disease. We encourage students to make healthful lifestyle changes to their diets and activity levels that will improve their overall quality of life.

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			
	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. 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	X	d) other (specify)

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

1. Push-up/sit-up rep test (pre/post)
2. Update exercise log per each class session
3. Body composition (pre/post)
4. Sit-reach flexibility test
5. Harvard Step Test and/or timed one-mile run/walk test (pre/post)

D. Objective examinations including:			
X	a) multiple choice	X	d) completion
X	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% 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	X	
Reference materials		X
Instructor-prepared materials	X	
Audio-visual materials	X	

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)	

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	X	
Presentation of content and/or exercises/projects:		
Requires a variety of problem-solving strategies including inductive and deductive reasoning.	X	
Requires independent thought and study	X	
Applies transferring knowledge and skills appropriately and efficiently to new situations or problems.	X	

List of Reading/Educational Materials
Recommended - Roberta Stokes and Diane Trapp *Aerobic Fitness Everyone*, ed. 3rd -, 2004,

Comments:

	This course requires special or additional library materials (list attached).
X	This course requires special facilities: Adequately equipped weight room facility

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 three 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)	1. Student must be able to read and comprehend instructor handouts and various weight room informational placards.

_____ Using phonetic, structural, contextual, and dictionary skills to attack and understand words. __X__ Applying word analysis skills to reading in context. __X__ Using adequate basic functional vocabulary skills. __X__ 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.	2. Student must be able to understand basic terminology associated with concepts of physical fitness, proper identification of weight room equipment, and muscles. 3. Student must be able to adequately learn from reading assignments and apply knowledge gained to active participation in weight room.

Check the appropriate spaces.

_____ Eligibility for Math 101 is advisory for the target course.

__X__ 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