



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 10A
Descriptive Title: Body Conditioning and Physical Fitness

Course Disciplines: Physical Education
Kinesiology
or

Division: Health Sciences and Athletics

Catalog Description: This course provides students with a fitness foundation through the means of cardiorespiratory endurance training, muscular strength and endurance training, and flexibility exercises. Students assess health-related components of fitness, set fitness goals, and monitor progression. Special emphasis is paid to the design and execution of a personalized exercise prescription.

Conditions of Enrollment: *You have no defined requisites.*

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Prior to July 1992

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: E - Lifelong Understanding and Self-Development
Term: Fall 2006 Other: _____

IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for

each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate the correct lifting technique for upper body free weight exercises.
2. Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.
3. Student will demonstrate advancement in personal cardiovascular fitness.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Identify the basic principles of physical fitness.

Objective Exams

2. Perform stretching techniques for isolated muscle groups used during cardiorespiratory and strength training.

Performance exams

3. Demonstrate fitness strategies to increase intensity levels of cardiorespiratory training.

Performance exams

4. Analyze and appraise the types of weight training exercises to maximize muscle strength and endurance programs.

Performance exams

5. Analyze and appraise cardiorespiratory responses; such as, heart rates during and after aerobic training.

Performance exams

6. Correlate common injuries associated with strength and cardiorespiratory training with improper training techniques and over-use syndrome.

Oral exams

7. Comprehend how body composition and body fat distribution are measured and assessed.

Objective Exams

8. Comprehend and apply the rules and regulations associated with the weight room.

Objective Exams

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture	Approximate	Topic	Major Topic
---------	-------------	-------	-------------

or Lab	Hours	Number	
Lab	10	I	ORIENTATION A. Explain how to properly and safely use a variety of exercise equipment B. Identify the rules, procedures, and etiquette used in the weight room and on the track C. Establish individualized fitness goals, exercise programs, and journal documentation D. Common training injuries
Lab	6	II	STRETCHING AND FLEXIBILITY A. Warm up for cardiorespiratory activities B. Warm up for muscle strength and muscle endurance activities C. Range of motion D. Static and ballistic stretching for specific muscle groups
Lab	14	III	CARDIORESPIRATORY FITNESS A. Principles of adaptation B. Overload principal C. Training target heart rate D. Ratings of perceived exertion E. Aerobic and anaerobic training
Lab	14	IV	MUSCLE STRENGTH AND ENDURANCE A. Major muscle groups and function B. Specificity and periodization C. Overload principle D. Training principles
Lab	10	V	BODY COMPOSITION AND NUTRITION A. Assessment of body composition B. Exercise strategies and diet C. Nutritional requirements for exercise
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to instructor the proper body position and mechanics while executing a bench press, bicep curl, and tricep press down.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Analyze your fitness progress and determine what training adjustments must be made in order to achieve targeted cardiorespiratory fitness goals utilizing heart rate assessments and journal documentations of weekly workouts. Present your findings and training adjustments to instructor.
2. Review your journal documentations and strength tests and make necessary training adjustments to achieve strength goals. Present your findings and fitness plan to instructor.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams
Other exams
Quizzes
Reading reports
Laboratory reports
Class Performance
Multiple Choice
Completion
Matching Items
True/False
Journal (kept regularly throughout the course)

V. INSTRUCTIONAL METHODS

Demonstration
Group Activities
Lecture
Multimedia presentations
Other (please specify)
Repetitive body conditioning and physical fitness practice

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS**
- B. ALTERNATIVE TEXTBOOKS**
- C. REQUIRED SUPPLEMENTARY READINGS**
- D. OTHER REQUIRED MATERIALS**

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
-------------------	-----------------------------------

B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
--------------------------------	-----------------------------------

D. Recommended Skills

Recommended Skills
Recommended Skill: Write coherent short length papers and answer essay type questions on written exams utilizing proper grammar. Comprehension of material from chapters in textbook that is reinforced in lectures and class discussions.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
--	--------------------------------------

Course created by S. Freeman, D. Hengsteler on 09/01/1963.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 11/20/2017

Last Reviewed and/or Revised by Tom Hazell on 10/22/2012