El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 254
Descriptive Title: Cardio Fitness and Body Sculpting

Course Disciplines: Physical Education
or Dance
or Kinesiology

Division: Health Sciences and Athletics

Catalog Description: This course focuses on the basic principles of cardiorespiratory conditioning and body sculpting. Emphasis is placed on exercise techniques and the development of cardiorespiratory endurance, muscle endurance, flexibility, and body composition. Fitness assessments are used to develop personalized self-paced workouts.

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

Course Length: [X] 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: [X] Effective Date: Prior to July 1992
Transfer UC: [X] Effective Date: Spring 1994

General Education:

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

CSU GE: E - Lifelong Understanding and Self-Development
Term: 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 improvements in cardiovascular endurance.
2. Students will demonstrate improvements in flexibility.
3. Students will calculate their body fat percentage.

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 and define the basic fitness components.

   Quizzes
2. Differentiate between modes of activity that specifically improve the basic components of fitness.

   Quizzes
3. Evaluate improvement in cardiorespiratory fitness, muscle endurance, and body composition through use of personal fitness profiles.

   Journal (kept regularly throughout the course)
4. Demonstrate correct techniques for monitoring exercise intensity.

   Class Performance
5. Calculate training intensity target zones and list the benefits of exercising within their parameters.

   Journal (kept regularly throughout the course)
6. Identify basic muscle groups and describe basic functions related to endurance exercise performance.

   Quizzes
7. Set up a personalized cardio workout based on the individual's fitness profile.

   Journal (kept regularly throughout the course)
8. Demonstrate correct exercise technique utilized in various types of exercises.

   Class Performance
9. Assess changes in resting, training and recovery heart rates as they relate to the aerobic conditioning process.

   Journal (kept regularly throughout the course)
10. Evaluate the values and limitations of interval versus continuous endurance exercise training.

    Journal (kept regularly throughout the course)

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 or Lab	Approximate Hours	Topic Number	Major Topic
Lab	4	I	Principles of Cardioresipoiratory Fitness A. Intensity Target Zones

			B. Perceived Exertion C. Training Heart Rate D. Recording Methods
Lab	2	II	Asssessments Releated to Fitness A. 12 Minute Aerobic Test B. Body Composition C. Flexibility
Lab	16	III	Body Sculpting Training A. Core exercises B. Light resistance exercises for arms C. Light resistance exercises for legs
Lab	30	IV	Cardiorespiratory Endurance Training A. Continuous Mode B. Interval Mode C. Circuit Training
Lab	2	V	Components of Physical Fitness A. Body Composition B. Flexibilitiy C. Muscle Endurance D. Aerobic Capacity E. Major Muscle Groups
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. **PRIMARY METHOD OF EVALUATION:**

Problem solving demonstrations (computational or non-computational)

B. **TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:**

Given the Hirofumi Tanaka age adjusted maximum heart rate formula, determine your training exercise heart rate that is relative with your current level of fitness. Record this training exercise heart rate in your journal.

C. **COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:**

1. During class participation, measure the intensity of your workout uisng the Rating of Perceived Exertion (RPE) scoring system and correlate it with your exercise heart rate. Analyze and discuss your findings with instructor.

2. Explain to your instructor environmental and/or other variables that typically increase one's Rating of Perceived Exertion (RPE) score when compared to earlier exercise sessions where the intensity and duration of exercise were the same.

D. **OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:**

Performance exams

Other exams

Quizzes

Class Performance

Multiple Choice

Completion

Matching Items

True/False

V. INSTRUCTIONAL METHODS

Demonstration
Laboratory

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

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact

Course created by Charleen Zartman on 09/01/1991.

BOARD APPROVAL DATE: 04/13/1992

LAST BOARD APPROVAL DATE: 04/17/2017

Last Reviewed and/or Revised by Eugene Engle on 09/13/2016

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