



**EL CAMINO COLLEGE
COURSE OUTLINE OF RECORD**

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 10B

Descriptive Title: Intermediate Body Conditioning and Physical Fitness

Course Disciplines: Physical Education or Kinesiology

Division: Health Sciences and Athletics

Catalog Description: This course is designed to provide an intermediate level of instruction and training in fitness assessment and exercise prescription. The course focuses on the physiological adaptations of exercise training/prescriptions, nutrition, ergogenic aids, environmental factors, and assessment concepts to support the students' fitness and exercise level and abilities.

Conditions of Enrollment:

Prerequisite: Physical Education 10 with a minimum grade of C or equivalent

Course Length: Full Term Other (Specify number of weeks):

Hours Lecture: 0.00 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: Proposed

Transfer UC: Effective Date: Proposed

General Education:

El Camino College: 5 – Health and Physical Education

CSU GE:

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 knowledge of the five health components of fitness.
2. Students will demonstrate improvement in cardiovascular fitness assessment.
3. Students will demonstrate improvement in muscular strength.

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 components of physical fitness.
 - Objective Exams
2. Demonstrate fitness concepts to increase intensity to improve cardiorespiratory endurance.
 - Performance exams
3. Analyze and describe the importance of nutrition as it relates to energy balance.
 - Written homework
4. Describe the hazards and effects of supplements, energy drinks, and enhancing drugs.
 - Objective Exams
5. Recognize the importance of nutrition as it relates to energy balance and muscle development.
 - Objective Exams
6. Describe the physiological adaptations to exercise regarding the human energy systems as it applies to the requirements of the human body needing to be physically active.
 - Oral exams
7. Comprehend how body composition is measured and assessed.
 - Objective Exams
8. Comprehend and appraise the nature of injury prevention and common health conditions, including warm-up, post exercise performance, flexibility, and over-training.
 - Objective Exams
9. Perform the correct execution of weight training exercises to ensure proper techniques are being followed.
 - Performance exams

10. Analyze and appraise the principles of specificity, overload, and periodization on exercise performance.
 - Objective Exams
11. Identify the differences between females and males regarding their response to physical performance and physiological functioning.
 - Objective Exams
12. Demonstrate the proper lifting techniques of power and olympic lifting.
 - Performance exams
13. Demonstrate the proper techniques used in plyometric training.
 - Performance exams
14. Describe the process to develop a personal exercise prescription.
 - Performance 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 or Lab	Approximate Hours	Topic Number	Major Topic
Lab	10	I	ORIENTATION <ol style="list-style-type: none"> A. Explain how to properly and safely use the equipment in the facility B. Identify the rules, procedures, and etiquette used in the training room and track/stadium facility C. Establish individualized training goals, exercise programs, and proper journal documentation D. Common training injuries E. Use of supplementation in training F. Fitness testing and analyzing the data
Lab	6	II	STRETCHING AND FLEXIBILITY <ol style="list-style-type: none"> A. Identify factors that limit flexibility. B. Warm up activities for cardio-vascular and strength activities C. Active and passive range of motion concepts D. Use of pilates and yoga as alternative stretching techniques E. The use of dynamic, static, and proprioceptive neuromuscular facilitation stretching

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Lab	14	III	CARDIORESPIRATORY FITNESS A. Calculating Target Heart Rate B. Rockport Fitness Walking Test, Cooper's 12-Minute Walking Running Test, 1 1/2 mile run test C. Rating of perceived exertion D. Aerobic and Anaerobic training E. FITT Principle F. Continuous training techniques G. High-Intensity training techniques H. Fartlek Training I. Cardiorespiratory fitness and its effect on heart and body
Lab	14	IV	MUSCLE STRENGTH AND ENDURANCE A. Major muscle groups and function B. Specificity and periodization C. Overload principle D. Muscle power and strength relationships E. Types of muscle contraction F. Functional fitness training and exercise G. Cross fit exercises H. Olympic and power lifting techniques I. Body-weight exercises J. Assessment of muscular strength and endurance
Lab	10	V	BODY COMPOSITION AND NUTRITION A. Basic principals of nutrition B. Nutrient requirements and recommendations for training C. Nutritional supplements D. Assessment of body composition E. Exercise strategies and diet F. Energy production and its relationship to body composition
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:

Explain the physiological changes that occur which increase muscular strength.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Define flexibility and describe its importance as a health related component of fitness.
2. Compare pilates and yoga and discuss why you would utilize one method over the other when selecting a stretching technique

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams
Objective Exams
Written homework
Class Performance
Homework Problems
Multiple Choice
Completion
Matching Items
True/False
Journal (kept regularly throughout the course)

V. INSTRUCTIONAL METHODS

Demonstration
Discussion
Internet Presentation/Resources
Laboratory
Lecture

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

- Study
- Answer questions
- Skill practice
- Written work
- Journal
- Observation of or participation in an activity related to course content

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

- Baechle, T.. Fitness Weight Training. 3rd ed. Human Kinetics, 2011.
- Prentice, William E.. Get Fit, Stay Fit. 7th ed. F.A. Davis Company, 2016.

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
Course Prerequisite Physical Education-10	Sequential
Non-Course Prerequisite	Without a base knowledge of exercise and fitness skills before this course the chance for injury is greater and there is a need to have a basic knowledge of muscle groups and exercises. Without this the student is least likely to succeed in this course.

B. Requisite Skills

Requisite Skills
Be able to demonstrate basic skills associated with fitness and conditioning. PE 10 - Identify the basic principles of physical fitness. PE 10 - Demonstrate fitness strategies to increase intensity levels of cardiorespiratory training. PE 10 - Analyze and appraise cardiorespiratory responses; such as, heart rates during and after aerobic training. PE 10 - Comprehend and apply the rules and regulations associated with the weight room.

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Base knowledge of muscle structure and function. PE 10 - Perform stretching techniques for isolated muscle groups used during cardiorespiratory and strength training.

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
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D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Tom Hazell on 08/17/2016.

BOARD APPROVAL DATE: 03/18/2019

LAST BOARD APPROVAL DATE: