

PE - 254 - Cardio Fitness and Body Sculpting

COURSE OUTLINE OF RECORD

VIII. General Course Information

Subject:*

PE

Course Number:* 254

Descriptive Title:* Cardio Fitness and Body Sculpting

Course Disciplines:*

Dance

Kinesiology

Physical Education

Division:

Health Sciences and Athletics

Department:*

Physical Education

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:

Prerequisite:

Co-requisite:

Recommended Preparation:

Enrollment Limitation:

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Hours:* 54

Course Units:* 1

Grading Method: Letter Grade only

Credit Status: Credit, degree applicable

Transfer CSU: Yes
 No

Effective Date: Prior to July 1992

Transfer UC: Yes
 No

Effective Date: Spring 1994

General Education ECC: Area 5 - Health and Physical Education

Term:

Other:

CSU GE: Area E - Lifelong Understanding and Self-Development

Term:

Other:

IGETC:

Term:

Other:

IX. Outcomes and Objectives

A. Student Learning Outcomes SLOs (The course student learning outcomes are listed below.)

Student Learning Outcomes:

SLO #1 CV Endurance

Students will demonstrate improvements in Cardiovascular Endurance.

SLO #2 Flexibility Improvement

Students will demonstrate improvements in flexibility.

SLO #3 Body Composition

Students will calculate their body fat percentage with the goal of improving body composition over the course of the semester.

B. Course Objectives (The major learning objectives for this course are listed below.)

Course Objectives:

1. Identify and define the basic fitness components.
2. Differentiate between modes of activity that specifically improve the basic components of fitness.
3. Evaluate improvement in cardiorespiratory fitness, muscle endurance, and body composition through use of personal fitness profiles.
4. Demonstrate correct techniques for monitoring exercise intensity.
5. Calculate training intensity target zones and list the benefits of exercising within their parameters.
6. Identify basic muscle groups and describe basic functions related to endurance exercise performance.
7. Set up a personalized cardio workout based on the individual's fitness profile.
8. Demonstrate correct exercise technique utilized in various types of exercises.
9. Assess changes in resting, training and recovery heart rates as they relate to the aerobic conditioning process.
10. Evaluate the values and limitations of interval versus continuous endurance exercise training.

X. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

I. Main Topic (3 hours, lecture)

A. Sub topics

B. Sub topics

1. Super sub topic

2. Super sub topic

Major Topics: **I. Principles of Cardiorespiratory Fitness (4 hours, lab)**

- 1. Intensity Target Zones
- 2. Perceived Exertion
- 3. Training Heart Rate
- 4. Recording Methods

II. Assessments Related to Fitness (2 hours, lab)

- 1. 12 Minute Aerobic Test
- 2. Body Composition
- 3. Flexibility

III. Body Sculpting Training (16 hours, lab)

- 1. Core exercises
- 2. Light resistance exercises for arms
- 3. Light resistance exercises for legs

IV. Cardiorespiratory Endurance Training (30 hours, lab)

- 1. Continuous Mode
- 2. Interval Mode
- 3. Circuit Training

V. Components of Physical Fitness (2 hours, lab)

- 1. Body Composition
- 2. Flexibility
- 3. Muscle Endurance
- 4. Aerobic Capacity
- 5. Major Muscle Groups

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

XI. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

Primary Method of Evaluation

B. Typical Assignment Using Primary Method of Evaluation

B. Typical Assignment Using Primary Method of Evaluation:

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

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

Critical Thinking Assignment 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

Other Evaluation Methods:

If Other:

XII. Instructional Methods

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.

Instructional Methods:

If other:

XIII. Work Outside of Class

Work Outside of Class

If Other:

XIV. Texts and Materials

A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a

“discipline standard”.)

Up-To-Date
Representative
Textbooks:

B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Alternative
Textbooks:

C. Required Supplementary Readings

Required
Supplementary
Readings:

D. Other Required Materials

Other Required
Materials:

XV. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite

Category

Requisite course:

Requisite and
Matching skill(s):
Bold the requisite
skill. List the
corresponding course
objective under each
skill(s).

B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Requisite and
Matching skill(s):
Bold the requisite
skill. List the
corresponding course
objective under each
skill(s). if applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s), if applicable

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by: Charleen Zartman

Date: 09/01/1991

Board Approval Date: 04/13/1992

Last Board Approval Date: 04/17/2017

Last Reviewed and/or Revised by: Eugene Engle

Date: 09/13/2016