



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 3
Descriptive Title: Boot Camp Fitness Training

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: This course offers an intense, highly regimented, military style of physical conditioning. Disciplined forms of exercise include use of body weight, simple apparatus and calisthenics to develop aerobic and muscle fitness.

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: 1/20/2009
Transfer UC: Effective Date: Fall 2009

General Education:
El Camino College: 5 – Health and Physical Education
Term: Fall 2009 Other: _____

CSU GE: E - Lifelong Understanding and Self-Development
Term: Fall 2009 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. Muscles
Students will identify muscles and which exercise targets each.

2. Fitness
Students will evaluate their fitness level and demonstrate improvement in fitness.
3. Demonstrate Exercise
Students will demonstrate a variety of anaerobic and aerobic exercises.

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 differences between aerobic and anaerobic conditioning.
True/False
2. Appraise one's current level of fitness in the areas of strength, muscle endurance, body composition and cardiorespiratory endurance.
Class Performance
3. Evaluate changes in the major components of fitness as a result of boot camp training.
Class Performance
4. Describe the principle of muscle confusion.
Oral exams
5. Identify forms of endurance and strength training used in boot camp training that differ from methods used in more traditional fitness regimens.
Oral exams
6. Evaluate the physiological and psychological values of incorporating boot camp training into a fitness program.
Class Performance

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	Orientation A. Muscle confusion theory B. Fitness assessment testing C. Physiological and psychological values of boot camp training D. Exercise attire and shoes
Lab	6	II	Stretching and Calisthenic Exercises A. Static B. Dynamic C. Warm up and modification of exercise
Lab	12	III	Aerobic Conditioning A. Power walking

			B. Jogging C. Jump rope training D. Circuit training E. Heart rate assessment
Lab	12	IV	Anaerobic Conditioning A. Fartlek/speed training B. Cardiovascular intervals C. Stair climbing D. Medicine balls E. Plyometrics
Lab	10	V	Functional Core Training A. Balance B. Medicine balls C. Power yoga D. Planks
Lab	10	VI	Resistance Training A. Dumbbells B. Sport cords and bands C. Straight bars D. Power stations E. Sleds F. Parachutes
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 proper techniques with plank exercises when strengthening the trunk core muscles.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. In a half page report, evaluate your body composition changes with an explanation of your training methods and what factors you feel contributed to your changes.
2. Evaluate the effectiveness of your boot camp training by comparing pre and post test fitness results in a one page paper.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

- Performance exams
- Oral exams
- Class Performance
- Term or other papers
- Multiple Choice
- Matching Items
- True/False

V. INSTRUCTIONAL METHODS

- Demonstration
- Group Activities
- 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:

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
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B. Requisite Skills

Requisite Skills

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 Charleen Zartman on 10/29/2008.

BOARD APPROVAL DATE: 01/20/2009

LAST BOARD APPROVAL DATE: 09/08/2015

Last Reviewed and/or Revised by Andrew Alvillar on 03/06/2015

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