

CATALOG INFORMATION

Dept and Nbr: PHYSIO 50 Title: INTRO EXER PHYSIO
Full Title: Introduction to Exercise Physiology
Last Reviewed: 2/23/2009

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	3.00	Lab Scheduled	3.00	17.5	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	87.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable
Grading: Grade or P/NP
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly:

Catalog Description:
For the individual who wants to develop a deeper understanding of fitness and health, to know how and why the body responds to exercises and how best to exercise to achieve fitness and optimal health. Topics include: muscular strength, aerobic fitness, weight control, diet and cardiovascular disease. These topics will be explored to acquire the knowledge to design individual exercise, health and fitness programs.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for English 100A or equivalent.

Limits on Enrollment:

Schedule of Classes Information:
Description: For the individual who wants to develop a deeper understanding of fitness & health, to know how & why the body responds to exercise & how best to exercise to achieve fitness & optimal health. (Grade or P/NP)
Prerequisites/Corequisites:

Recommended: Eligibility for English 100A or equivalent.

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
	E	Fall 1981	Spring 2012
	Lifelong Learning and Self Development		

IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 1981	Inactive: Spring 2012

UC Transfer:	Effective:	Inactive:
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CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

The students will:

1. Study the function of the human body and learn to design nutrition and exercise programs to improve health, fitness and well-being.
2. Learn about the muscular, respiratory, circulatory and nervous systems, including their anatomy and physiology.
3. Learn how to select and administer various test methods to assess the capacity during human performance of the aforementioned systems.

Topics and Scope:

1. Introduction to Fitness Components.
2. Aerobic Fitness.
 - A. understanding the components
 1. measurement
 - B. training effect
 1. training
 2. muscle fibers
 3. nervous system
 4. endocrine system
 5. body composition
 - C. fitness prescriptions
 1. training program
3. Muscular Fitness.
 - A. understanding the components
 1. measurement

- B. training effect
 - 1. the stimulus for strength or endurance
 - 2. methods of training
 - 3. flexibility
 - 4. speed and power
- C. fitness prescriptions
 - 1. strength
 - 2. endurance
 - 3. speed
 - 4. power
- 4. Fitness and Weight Control.
 - A. energy balance
 - 1. intake
 - 2. expenditure
 - 3. overweight and obesity
 - 4. body fat measurement
 - 5. causes of overweight and obesity
 - 6. ideal body composition
 - B. exercise, fitness and weight control
 - C. weight control programs
 - D. weight control: fallacies and facts
- 5. Fitness and Health.
 - A. medical fitness
 - B. exercise fitness and cardiovascular health
 - C. psychology of fitness
 - D. exercise and the environment
 - 1. heat
 - 2. temperature regulation
 - 3. cold
 - 4. attitude
 - 5. air pollution

Assignment:

- 1. Read text.
- 2. Write lab reports.
- 3. Research paper.
- 4. Homework problems.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Term papers

Writing 25 - 75%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework problems, Lab reports	Problem solving 25 - 50%
Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Performance exams	Skill Demonstrations 15 - 25%
Exams: All forms of formal testing, other than skill performance exams.	
Multiple choice, True/false, Matching items, Completion	Exams 20 - 60%
Other: Includes any assessment tools that do not logically fit into the above categories.	
None	Other Category 0 - 0%

Representative Textbooks and Materials:
 PRINCIPLES AND LABS FOR PHYSICAL FITNESS AND WELLNESS by Werner W.K. Hoeger, Morton Press.