

PE 161.1 Course Outline as of Fall 1981**CATALOG INFORMATION**

Dept and Nbr: PE 161.1 Title: BODY MECH - BEG

Full Title: Beginning Body Mechanics

Last Reviewed: 2/12/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	17.5	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly:

Catalog Description:

Provides student with "way of life through movement"

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: OLD NUMBER - INACTIVATED X94 (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: Area
CSU GE: Transfer Area

Effective: Inactive:
Effective: Inactive:

IGETC: Transfer Area

Effective: Inactive:

CSU Transfer: Transferable Effective: Fall 1981

Inactive:

UC Transfer: Transferable Effective: Fall 1981

Inactive:

CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

The students will:

- Have the knowledge to develop their own personal exercise program for immediate and future use.
- Know the names and actions of the major muscles of the body.
- Understand the simple mechanics for movement, proper posture and body alignment.
- Understand proper use and care of the low back to prevent unnecessary strain,pain, and fatigue.

Topics and Scope:

PHYSICAL

- Conditioning exercises for strength,endurance,coordination, flexibility,relaxation and agility.

PSYCHOLOGICAL

- Discipline and achievement

EDUCATIONAL

- What fitness is - why is it necessary - how it is acquired

SOCIAL

- Physical poise and posture
- Written examination
- Practical test

Assignment:

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.

None

Writing
0 - 0%

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

Exams

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
0 - 25%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false

Exams
0 - 25%

Other: Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category
0 - 50%

Representative Textbooks and Materials: