

**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:**