

CATALOG INFORMATION

Dept and Nbr: PHYED 31.3 Title: BODY CONDITIONING - ADV.
Full Title: Advanced Body Conditioning
Last Reviewed: 5/11/2020

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	8	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: PE 9.3

Catalog Description:
The purpose of this course is to provide students with an advance level exercise program designed to further develop the key components of health related physical fitness: cardiovascular/respiratory conditioning, muscular strength, muscular endurance, flexibility, and body composition.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course provides students with an advance level exercise program to develop cardio/respiratory conditioning, muscular strength, muscular endurance, flexibility and body composition. (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			Effective:	Inactive:
CSU GE:	Transfer Area			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:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

Upon completion of this course, students will be able to:

1. Sustain cardio/respiratory activities for 30-45 minutes.
2. Perform an interval training workout.
3. Perform resistance exercises at an advanced level that are specific to individual muscle groups.
4. Demonstrate a variety of flexibility exercises.
5. Explain and execute movement activities designed to increase body awareness (kinesthetic awareness).
6. Identify specific muscles involved in performing resistance exercises.
7. Calculate exercise heart rate.
8. Monitor exercise intensity using exercise heart rate and perceived level of exertion.
9. Explain methods of measuring body composition.

Topics and Scope:

- I. Warm-up activities
 - A. Easy cardio/respiratory exercise
 - B. Stretching
- II. Cardio/respiratory conditioning
 - A. Jogging and interval training
 1. increase intensity
 2. increase duration
 - B. Jump Rope
 1. increase intensity
 2. increase duration
 - C. Cycling/Spinning

1. increase intensity
2. increase duration
- D. Step exercise
 1. Bench stepping
 - a. increase intensity
 - b. increase duration
 2. Bleachers
 - a. increase intensity
 - b. increase duration
- III. Muscular Development
 - A. Strength
 1. hand held weights
 2. resistance bands
 3. exercise balls
 - B. Endurance
 1. increased repetition
 2. sustained muscle contraction
 3. exercise balls
 - C. Flexibility
 1. increase the duration and number of flexibility exercises
 2. exercise balls
- IV. Body Awareness
 - A. Increase the number of exercises to further develop the level of body awareness
 - B. exercise balls
- V. Educational Aspects
 - A. Fitness Testing (fitness level assessment)
 - B. Heart Rate
 1. Calculate exercise training zone
 2. Perceived exertion
 - C. Muscle identification
 - D. Nutrition
 - E. Injury
 - F. Body Composition

Assignment:

May include any or all of the following:

1. calculation of body composition
2. fitness testing
3. calculating exercise heart rate
4. identifying muscle groups
5. performing exercises such as jogging, bench stepping, interval training, cross country running, cycling, jumping rope, push ups, bicep curls, tricep presses, abdominal exercises, back exercises, squats, lunges, toe raisers, leg lifts, stretches
6. developing a personal exercise program
7. writing reports and/or journals
8. performing exercises 1 to 2 hours per week in addition to regularly scheduled class meetings
9. taking quizzes, midterm and/or final exams

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.

Written homework, 1-2 Page Reports, Journals

Writing
5 - 10%

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

None

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
10 - 20%

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

Multiple choice, True/false, Matching items, Completion, Short answer or essay

Exams
20 - 40%

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

Attendance and Participation

Other Category
40 - 60%

Representative Textbooks and Materials:

Instructor prepared materials