

CATALOG INFORMATION

Dept and Nbr: PHYED 31.1 Title: BODY CONDITIONING - BEG.
Full Title: Beginning 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	3	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	40.00		Non-contact DHR	700.00

Total Out of Class Hours: 0.00

Total Student Learning Hours: 770.00

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 9.1

Catalog Description:
Designed to achieve a basic level of physical fitness through exercise, stretching activities and aerobic activities. Emphasis on cardiovascular pulmonary fitness, aerobic conditioning and lower flexibility.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: A basic level of physical fitness through exercise, stretching activities & aerobic activities. (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:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

At the end of the semester the student will:

- I. Analyze beginning level exercises and the effects of physical conditioning.
- II. Perform beginning level exercises.
- III. Construct personal work-out program at a beginning level.

Topics and Scope:

- I. Warm-up Activities
 - A. Individualized stretching, loosening of body and easy jogging
- II. Calisthenics
 - A. Stretching exercises
 - B. Basic developmental exercises
 - C. Beginning floor exercises
 - D. Resistance exercises
- III. Aerobic Program
 - A. Jogging
 - B. Jump rope
 - C. Step exercises
- IV. Individual Activities
 - A. Special programs to meet individual needs
 1. exercises
 2. Stretching
 3. Aerobic Conditioning
- V. Educational Aspects
 - A. Program individually applied to meet personal needs
 - B. Fitness level testing
 - C. Pulse rates - target zone
 - D. Diet
 - E. Injury

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, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

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
20 - 40%

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

Multiple choice, True/false

Exams
20 - 40%

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

ATTENDANCE

Other Category
40 - 60%

Representative Textbooks and Materials: