

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	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 9.1

Catalog Description:
The purpose of this course is to provide students with an exercise program designed to 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 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:

- I. Sustain cardio/respiratory activities.
- II. Monitor exercise intensity using exercise heart rate and perceived exertion.
- III. Perform exercises specific to individual muscle groups through repetition.
- IV. Identify specific muscles involved in performing resistance exercises.
- V. Perform exercises specific to individual muscle groups through repetition.
- VI. Perform a variety of exercises to develop flexibility.
- VII. Perform movement activities to increase the level of body awareness.
- VIII. 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
 - B. Jump Rope
 - C. Step exercise
 1. Bench stepping
 2. Bleachers
 - D. Cycling /Spinning
- III. Muscular Development
 - A. Strength
 - B. Endurance

- C. Flexibility
- IV. Educational Aspects
 - A. Fitness Testing (fitness level assessment)
 - B. Heart Rate
 - 1. Calculate exercise training zone
 - 2. Perceived exertion
 - C. Muscle identification
 - D. Injury
 - E. 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. Performing exercises such as jogging, jumping rope, push ups, abdominal exercises and stretches and developing a personal exercise program
5. Performing exercises 1 to 2 hours per week in addition to regularly scheduled class meetings
6. Writing reports and/or journals
7. Taking objective quizzes, midterm and/or final exam

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.

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 and 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