

**APE 301 Course Outline as of Fall 2015****CATALOG INFORMATION**

Dept and Nbr: APE 301

Title: HEALTH AND FITNESS

Full Title: Health and Fitness

Last Reviewed: 5/10/2021

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0.75	17.5	Lecture Scheduled	13.13
Minimum	1.50	Lab Scheduled	2.25	6	Lab Scheduled	39.38
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Non-Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

This course is designed for students with disabilities with a focus on health and fitness concepts that are important in making informed choices about one's physical, mental and emotional well-being. Health and fitness resources at the Santa Rosa Junior College will be explored.

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

Description: This course is designed for students with disabilities with a focus on health and fitness concepts that are important in making informed choices about one's physical, mental and emotional well-being. Health and fitness resources at the SRJC will be explored. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>		Effective:	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Identify and access SRJC Health and fitness resources as they relate to the individual student's fitness and health goals and disability related limitations.
2. Develop appropriate personal health and fitness goals.

### **Objectives:**

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

1. Identify parameter of individual disability in order to create functional fitness goals.
2. Develop and implement an exercise plan appropriate to disability.
3. Select appropriate Kinesiology, Dance and Athletics classes at Santa Rosa Junior College.
4. Identify major muscles and bones.
5. Describe how the digestive system works.
6. Identify and describe a healthy meal plan.
7. Describe stress management techniques.
8. Discuss the importance of good mental health, positive attitude and optimism in overall health.

### **Topics and Scope:**

Topics and Scope:

- I. Disability awareness
  - A. Individual strengths
  - B. Functional limitations
- II. Individual Exercise Programs
  - A. Goal setting
  - B. Accessing resources
  - C. Intensity and progression

D. Tracking progress

### III. Musculoskeletal system

A. Muscles

B. Bones

C. Connective tissue

### IV. Components of Fitness

A. Muscular strength

B. Muscular endurance

C. Cardio vascular endurance

D. Flexibility

E. Body composition

### V. Digestive system

A. Anatomy

B. Energy metabolism

i) Fats

ii) Proteins

iii) Carbohydrates

### VI. Nutrition

A.. Eating guidelines

B. Reading labels

C. Personal food choices

D. Portions

E. Weight management

### VII. Mental and Emotional Health

A. Stress

B. Attitude

C. Optimism

D. Relationships

E. Self esteem

### VIII. Santa Rosa Junior College Resources

A. Kinesiology, Dance and Athletics classes

B. Adapted Physical Education

C. Facilities

D. Health services

### **Assignment:**

Representative assignments

In Class Lecture/Lab assignments

1. Initial health and fitness assessment

2. Healthy choices chart

3. Healthy food assignment

4. Lead 10 minute group exercise

5. Find a healthy lunch on campus for a reasonable cost

6. Final exam

## Outside Lecture/Lab assignments

1. Personal Exercise calendar
2. Activity journal
3. Attend Santa Rosa Junior College athletic event and write a reflection paragraph
4. Visit Adapted Physical Education class
5. Food Journal

## 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.

Food and activity journal, personal exercise calendar, reflection on athletic event

Writing  
10 - 20%

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

Healthy food choices, finding lunch on campus

Problem solving  
5 - 10%

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

Implementation of a personal fitness plan, leading exercise group

Skill Demonstrations  
20 - 30%

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

Final exam

Exams  
10 - 15%

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

Visit adapted physical education class, attendance and participation

Other Category  
40 - 50%

## Representative Textbooks and Materials:

Instructor prepared materials