

**Santa Rosa Junior College**  
**OA 507 - Fitness - SIT 2B FIT**

**COURSE HOURS:** 10:30 - 12:00PM, Fridays  
(SRJC classes use a 50 minute hour. Class ends at 11:45)

**LOCATION:** Online

**INSTRUCTOR:** Susan Oaks

**Student Learning Outcomes:**

- Maintain appropriate flexibility, strength, balance and endurance
- Improve performance in daily living tasks
- Increase awareness of physical well-being
- Establish & recognize a supportive connection with people.
- Create a healthier way of life.

**Course Objectives:**

Upon completion of this course, students will be able to accomplish some or all of the following objectives:

- Increase number of repetitions and duration
- Follow the tempo of each exercise (and dance)
- Develop fitness goals
- Describe benefits of physical fitness
- Engage with a partner in exercises
- Recognize and acknowledge accomplishments of self and others
- Develop a more positive attitude in life
- Reduce stress levels
- Apply healthy lifestyle practices.

**Basic Format of Class Session:**

- Welcome - attendance
- SEATED Warm-up movements
- STANDING movement patterns
- SQUATS - Feldenkrais - in and out of a chair
- SEATED - Upper Body Strength with hand weights
- STANDING - Gluteal (bum) strength; Balance
- SEATED - Abdominal strength
- SEATED - Brain Activities
- SEATED - Cool-down stretches

**Weekly Schedule of Topics throughout the Semester:**

- Each class repeat work-out
- Focus on improving/correcting alignment and form
- Add new moves as ready

**Classroom Rules of Conduct:**

- Daily attendance will be taken at the beginning of class.
- Please refrain from talking when the instructor is giving instructions or when students are asking questions.
- Please show courtesy and patience to class members.