PHYED 32 Course Outline as of Fall 2003

CATALOG INFORMATION

Dept and Nbr: PHYED 32 Title: BODY MECHANICS
Full Title: Body Mechanics
Last Reviewed: 2/12/2024

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 10

Catalog Description:
Provides student with "way of life through movement".

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Exercises for fitness. Emphasis on flexibility & muscle tone to develop good posture & mechanics of movement. (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:
The student will:
1. Develop the knowledge to create a personal exercise program.
2. Describe the names and actions of the major muscle groups of the body.
3. Understand the basic mechanics for movement, proper posture and body alignment.
4. Understand proper use and care of the low back to prevent unnecessary strain, pain, and fatigue.
5. Particiapte in activities to improve fitness (muscle tone and flexibility.)

Topics and Scope:

I. Introduction of movement mechanics
   A. Posture, center of gravity
   B. Body alignment in numerous positions
   C. Low back considerations
      1. Basic anatomy/biomechanics of the back
      2. Neutral position and other preventive measures
II. Demonstration and application of fitness conditioning exercises
   A. Cardiorespiratory endurance
      1. Training principles
      2. Aerobic movements
      3. Safety issues
         a. Monitoring intensity
         b. Movement mechanics
   B. Muscular Toning
      1. Training concepts
      2. Types of resistance equipment
      3. Review major muscle groups
      4. Safety issues and mechanics of movement
   C. Flexibility/Body Relaxation

1. Training concepts
2. Mechanics of movement
3. Strategies for reducing stress and tension

III. Physical Fitness
A. Definition
B. Relationship to health and wellness
C. Lifelong fitness mindsets and habits
1. Self motivation
2. Scheduling fitness activities

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: