

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:**

<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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**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