COURSE OUTLINE OF RECORD

Number: PE G176  TITLE: Total Fitness For Women

ORIGINATOR: Instructor Placeholder AAA  EFF TERM: Spring 2008
FORMERLY KNOWN AS:

DATE OF OUTLINE/REVIEW: 06-22-2012
CROSS LISTED COURSE:

TOP NO: 0835.00
CID:

SEMESTER UNITS: 1.0
HRS LEC: 0.0  HRS LAB: 36.0  HRS OTHER: 0.0
CONTACT HRS TOTAL: 36.0
STUDY NON-CONTACT HRS RECOMMENDED: 0.0

CATALOG DESCRIPTION:
A well-balanced program of physical activities designed to enhance endurance, flexibility, strength, cardiovascular efficiency and weight redistribution based on a selected exercise program, par course, circuit training, aerobic work, diet information and coordination. UC credit limitations. See counselor.

JUSTIFICATION FOR COURSE:

PREREQUISITES:

COREQUISITES:

ADVISORIES:

ASSIGNED DISCIPLINES:
   Physical education

MATERIAL FEE: Yes [ ] No [X] Amount: $0.00
CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X]  Credit - Not Degree Applicable [ ]
GRADING POLICY: Pass/No Pass [X]  Standard Letter [X]  Not Graded [ ]  Satisfactory Progress [ ]
OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]
TRANSFER STATUS: CSU Transferable[ ]  UC/CSU Transferable[X]  Not Transferable[ ]
BASIC SKILLS STATUS: Yes [ ] No [X]  LEVELS BELOW TRANSFER: Not Applicable

CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable
NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course

OCCUPATIONAL (SAM) CODE: E

REPEATABLE ACCORDING TO STATE GUIDELINES: No [X]  Yes [ ] NUMBER REPEATS:
REQUIRED FOR DEGREE OR CERTIFICATE: No [ ] Yes [X]

Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development (Associate in Arts)

GE AND TRANSFER REQUIREMENTS MET:
   CSU GE Area E: Lifelong Understanding and Self-Development
      E2 - Activity Course

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. compare and contrast various types of fitness workouts offering different levels of intensity and relate them to her fitness level.
2. evaluate and use the various facilities/labs available within the physical education department.
3. explain the basic concepts of exercise training, testing, and prudent nutritional guidelines.
COURSE OBJECTIVES:
1. acquire knowledge of the basic concepts of exercise training, testing and prudent nutritional guidelines.
2. achieve a higher level of physical fitness (increase in cardiovascular endurance, strength and flexibility and decrease body fat.)
3. evaluate and utilize the various facilities/labs available within the physical education department
4. demonstrate a basic understanding of their own fitness level
5. compare various types of fitness workouts offering different levels of intensity (i.e. strength vs. aerobic, aerobic vs. anaerobic) and relate them to their fitness level

COURSE CONTENT:

LECTURE CONTENT:

LABORATORY CONTENT:

I. Introduction to Exercise and Fitness Programs
A. Goals and expectations
B. Training heart rates
C. Benefits of exercise
D. Injury prevention and treatment
E. Body composition
F. Strength
G. Flexibility

II. Nutritional Considerations for Good Health
A. Basic four food groups
B. Fats, protein and carbohydrates
C. Fad diets
D. Yo-yo syndrome
E. Hydration and pre-workout meals

III. Physical Workouts
A. Cardiovascular training
   1. Aerobics lab
   2. Cardiovascular lab
   3. Par course
   4. Non-low impact aerobics
   5. Swimming lab
   6. Interval training
B. Strength training
   1. Strength lab
      a. Free weights
      b. Nautilus
C. Flexibility training
   1. Pre and post-workout stretching

METHODS OF INSTRUCTION:

A. Lab:
B. Tutoring – noncredit:
C. Independent Study:

INSTRUCTIONAL TECHNIQUES:
COURSE ASSIGNMENTS:

Reading Assignments

Six to ten instructor hand-outs dealing with current health, fitness and diet issues. (Varies each semester depending on latest research.)

Out-of-class Assignments

1. Write an analysis of another student's program.
2. Develop a self analysis of her own program based on course specific objectives.
3. Be involved in cooperative learning in preparation for the final exam.
4. Complete selected reading assignments.
5. Prepare a written analysis of course specific skills observed from TV or an outside of class competition.

Writing Assignments

1. The following are assignments where the earner will:
   A. Analyze another student's exercise program based on course specific objectives.
   B. Develop a self analysis of own program based on course specific objectives.
   C. Be involved in cooperative learning in preparation for the final exam.
   D. Develop a five day detailed analysis of dietary intake, includes all foods, drinks and supplements, exercise.
   E. Record individual exercise program in log/chart fitness profile.
2. Prepare a written analysis of course specific exercise programs observed from TV or an outside of class experience.

METHODS OF STUDENT EVALUATION:

Midterm Exam
Final Exam
Written Assignments
Report

Demonstration of Critical Thinking:

1. To evaluate resting and exercise heart rates to determine correct training levels.
2. To analyze fitness progress through fitness tests to include: strength, flexibility, body composition and cardiovascular endurance.
3. Interpret fitness scores and compare to national norms.

Required Writing, Problem Solving, Skills Demonstration:

1. The following are assignments where the earner will:
   A. Analyze another student's exercise program based on course specific objectives.
   B. Develop a self analysis of own program based on course specific objectives.
   C. Be involved in cooperative learning in preparation for the final exam.
   D. Develop a five day detailed analysis of dietary intake, includes all foods, drinks and supplements, exercise.
   E. Record individual exercise program in log/chart fitness profile.
2. Prepare a written analysis of course specific exercise programs observed from TV or an outside of class experience.

TEXTS, READINGS, AND RESOURCES:

Other:
1. Appropriate shoes and clothing for various activities

LIBRARY:

Adequate library resources include: