COURSE OUTLINE
Revision: M. Ursino, March 2008

DEPARTMENT: Academic Programs
CURRICULUM: Physical Education
COURSE TITLE: Physical Fitness
COURSE NUMBER: PEC 151
TYPE OF COURSE: Academic Transfer
Special Requirement Met: None
AREA(S) OF KNOWLEDGE: Elective
COURSE LENGTH: 1 quarter
CREDIT HOURS: Variable 1 to 3 hours
LECTURE HOURS: Variable 11 to 33 hours
LAB HOURS: 0
CLASS SIZE: 25
PREREQUISITES: None

COURSE DESCRIPTION:

Instruction in modifying existing exercise programs of the students and adjust it to better meet their personal fitness and nutritional goals. Emphasis is on balanced, healthy lifestyle choices. At the end of the quarter, the participants will be familiar with a gym-based exercise program in conjunction with healthy eating choices.
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STUDENT LEARNING OUTCOMES ADDRESSED:

1. Communication- read and listen actively
   a. Handouts are given with fitness and nutritional information. This information will be reviewed in class.
2. Computation – use mathematical operations
   a. Must do basic computations and measurements to discover their heart rate, and body fat computations
3. Human Relations – Use social interactive skills to work in groups effectively.
   a. Must occasionally work together when performing exercise routines
4. Personal Responsibility – Be motivated and able to continue learning and adapt to change
   a. Must be able to use their RPE (Rate of Perceived Exertion) and/or Target Heart Rate to adapt exercises to fit their current fitness level.
5. Personal Responsibility – Take pride in one's work, Manage personal health safety.
   a. Taking pride in their exercise logs and measuring how far they've personally come with their fitness. Recording their personal fitness and nutrition intake through their exercise logs and nutrition logs.
6. Information Literacy – Access and evaluate information
   a. Given websites, the students are asked to calculate up their ideal caloric intake, nutritional input, and body fat composition.

GENERAL COURSE OBJECTIVES:

1. Learning basic muscle groups and their common names
2. Learning basic nutrition facts
3. Learning various exercises and what muscles they target
4. Understanding how to measure their heart rate and use this information when exercising their cardiovascular system.
5. Learning how to tailor a fitness program for their personal goals.

TOPICAL OUTLINE:

I. Body Measurements
   a. Fitness Survey – this will indicate what exercise program and eating habits the students currently have; a starting point
   b. Body Measurements – All students must take their body measurements with the scale and tape measure provided. This is required for their portfolio.
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TOPICAL OUTLINE: (CONT.)

c. Lower Body Workout – Demonstrating and practicing proper form.

II. Why Strength Train?

*Always start and end with a warm-up, cool down*

a. Lower Body/ Back/ Abs – Demonstrating and practicing proper form
b. Upper Body – Demonstrating and practicing proper form
c. Lower Body/ Abs – Demonstrating and practicing proper form

III. Preventing Injury and Exercise Modification

*Always start and end with a warm-up, cool down*

a. Lower Body/ Back/ Abs – Demonstrating and practicing proper form
b. Upper Body – Demonstrating and practicing proper form
c. Lower Body / Abs – Demonstrating and practicing proper form

IV. Basic Muscle Groups – Common Names

*Always start and end with a warm-up, cool down*

a. Lower Body/ Back/ Abs – Demonstrating and practicing proper form
b. Upper Body – Demonstrating and practicing proper form
c. Lower Body/ Abs – Demonstrating and practicing proper form

V. Target Heart Rate

a. *They do their own warm-up,* then emphasis on lower body, back abs
b. *They do their own cool-down,* emphasis on upper body for exercise portion
c. *They do their own abs, cool-down,* emphasis on lower body for exercise portion.

VI. Fat vs. Calories

a. Instructor given exercises to perform on their own

VII. Getting the Most Out of Your Workout

a. Instructor given menu of exercises to perform on their own

VIII. Nutrition Basics

a. They get to choose which exercises they do this week demonstrating what they’ve learned so far in class

IX. Kinesiology, Exercises Basic Definitions

a. Based on what the students did last week, advanced modifications will be introduced (such as compound exercises).

X. Portfolio Discussion and Final Preparation

a. They get to choose which exercises they do this week demonstrating what they’ve learned so far in class.

XI. Portfolios due and Finals

REVISED BY: M. Ursino
DATE: March 2008
Course Prefix and Number: PEC 151
Course Title: Physical Fitness

This is based on the following:
SLO 1.1 Handouts are given out with fitness and nutrition information. This information will be reviewed in class.
SLO 2.1 Must do basic computations and measurements to discover their heart rate, and body fat computations.
SLO 3.1 Must occasionally work together when performing exercise routines.
SLO 6.1 Must be able to use their RPE (Rate of Perceived Exertion) to adapt exercises to fit their current fitness level.
SLO 6.2/6.3 Taking pride in their exercise logs and measuring how far they’ve personally come with their fitness.
SLO 6.4 Recording their personal fitness and nutrition intake through their exercise logs and nutrition logs.
SLO 7.1 Given websites, the students are asked to calculate up their ideal caloric intake, nutritional input, and body fat composition.

PREPARED BY: Mindy Ursino
DATE: April 2008