COURSE OUTLINE
Revision: J. Delapena May 2008

DEPARTMENT: Academic Programs
CURRICULUM: Physical Education
COURSE TITLE: Body Conditioning
COURSE NUMBER: PEC 165

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:

Improve muscular strength, muscular endurance and flexibility of the upper body, abdominals, back and lower body by using lightweight resistance equipment. Workouts consist of resistance exercise performed to music, stretching and fitness-related discussions.
PEC 165 Body Conditioning
May 2008

STUDENT LEARNING OUTCOMES ADDRESSED:

1. Computation
2. Personal Responsibility
3. Information Literacy

GENERAL COURSE OBJECTIVES:

At the end of the course the student will:

1. Become familiar with the basic knowledge of physical fitness and biomechanics of movement
2. Learn safety execution and posture alignment.
3. Become acquainted with the major muscle groups
4. Gauge personal efforts during exercise
5. Understand the caloric consumption and expenditure relationship

TOPICAL OUTLINE:

I. Elements of Fitness
   a. Cardiovascular Training
   b. Flexibility Training
   c. Resistance Training
II. Rate of Perceived Exertion
III. Basic Nutrition Information

REVISED BY: John Delapena
DATE: May 2008

PEC 165

Course Prefix and Number: PEC 165
Course Title: Body Conditioning
<table>
<thead>
<tr>
<th>SLO #</th>
<th>Included in Course Objective Number</th>
<th>SSCC Student Learning Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLO 1.1</td>
<td></td>
<td>Communication - Read and listen actively</td>
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<tr>
<td>SLO 1.2</td>
<td></td>
<td>Communication - Speak and write effectively</td>
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<tr>
<td>SLO 2.1</td>
<td>5</td>
<td>Computation - Use mathematical operations</td>
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<tr>
<td>SLO 2.2</td>
<td></td>
<td>Computation - Apply quantitative skills</td>
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<tr>
<td>SLO 2.3</td>
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<td>Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills</td>
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<tr>
<td>SLO 3.1</td>
<td></td>
<td>Human Relations - Use social interactive skills to work in groups effectively</td>
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<tr>
<td>SLO 3.2</td>
<td></td>
<td>Human Relations - Recognize the diversity of cultural influences and values</td>
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<tr>
<td>SLO 4.1</td>
<td></td>
<td>Critical Thinking and Problem Solving -</td>
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<td>SLO 5.1</td>
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<td>Technology - Select and use appropriate technological tools</td>
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<tr>
<td>SLO 6.1</td>
<td>2</td>
<td>Personal Responsibility - Be motivated and able to continue learning and adapt to change</td>
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<tr>
<td>SLO 6.2</td>
<td></td>
<td>Personal Responsibility - Value one's own skills, abilities, ideas and art</td>
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<tr>
<td>SLO 6.3</td>
<td></td>
<td>Personal Responsibility - Take pride in one's work</td>
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<tr>
<td>SLO 6.4</td>
<td>1, 2, 3, 4, 5</td>
<td>Personal Responsibility - Manage personal health and safety</td>
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<tr>
<td>SLO 6.5</td>
<td></td>
<td>Personal Responsibility - Be aware of civic and environmental issues</td>
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<tr>
<td>SLO 7.1</td>
<td>1, 5</td>
<td>Information Literacy - Access and evaluate information</td>
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<tr>
<td>SLO 7.2</td>
<td></td>
<td>Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society</td>
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</tbody>
</table>

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