PEC165 - Body Conditioning

BASIC INFORMATION

Requester(s): Patricia A Root
College: North Seattle College
Division/Dept: Math / Science
Dean: Alissa D Agnello

COURSE INFORMATION

Proposed Course Number:
Prefix: PEC Number: 165
☐ Request a new Prefix
☐ This will be a common course

Full Title: Body Conditioning
Abbreviated Title: Body Conditioning

Catalog Course Description:
Body Conditioning uses hand-held weights, resistance bands, kettlebells, and/or similar equipment to improve muscular strength, muscular endurance, and flexibility in all of the body's major muscle groups. A variety of exercises and activities are practiced, and particular attention is given to proper technique, safety, and fitness progression. Wellness-related information, such as nutrition, proper hydration, and fitness trends are also included.

Course Length: 11 Weeks ☐ Request an Exception

Topical Outline:
Body Conditioning is conducted in a group exercise environment, where students are performing the same exercises together, but with self-selected weights and other forms of resistance to meet individual goals and course outcomes. The class is not structured around separate information blocks, but is instead arranged to repeat many activities, but in ways that become more rigorous and challenging as the academic term proceeds.

Major aspects of the course include:

1. Posture & Alignment - emphasized throughout the entire course, though more attention is provided at the beginning, and when new exercises are added.

   1. Neutral spine
   2. Core muscle engagement
3. Coordinated movement

II. Moving Safely - emphasized throughout the entire course, though more attention is provided at the beginning, and when new exercises are added.

1. Warm-up in each class
2. Range of motion around a joint
3. Coordinated movement
4. Modifying and substituting exercises
5. When to add weight/change resistance

III. Progressive Muscular Strength and Muscular Endurance Bouts - emphasized throughout the entire course, a variety of equipment is used to meet the course's physical outcomes.

1. Equipment may include but not be limited to: hand-held dumbbells, resistance bands, kettlebells, stability balls, weighted balls, foam rollers, etc.
2. Exercises will focus on major muscle groups in the legs, abdominals, gluteals, chest, back, arms, shoulders.
3. Exercises become more challenging as course continues. Progression methods may include but not be limited to:
   1. Increasing repetition number
   2. Increasing set number
   3. Increasing weight/resistance
   4. Increasing complexity of an exercise
   5. Varying exercise speed ("time under tension," eccentric training)
   6. Combining exercises
   7. Performing exercise on a less stable support base (stability ball, foam roller, one leg instead of two, etc.)

IV. Flexibility - emphasized throughout the entire course, accomplished through static and dynamic stretching exercises among the major muscle groups.

V. Fitness Information - content is shared throughout the entire course, and may fluctuate as fitness principles and popular interests shift over time. Examples may include but are not limited to:

1. Nutrition
2. Hydration
3. Fitness trends
4. Injury (strain, sprain) treatment
5. Components of fitness
6. Anatomy and physiology
7. Conditioning programs

COURSE CODING

Funding Source: 1..................State

Institutional Intent: 11.................Academic Transfer

Select the Distribution Area of the AA Degree that this course will satisfy, if applicable:

(No Distribution Areas Selected)

Will this course transfer to a 4-year university? Yes

Please Describe:
A student may complete up to three Physical Education credits to meet general elective requirements with the AA-DTA Degree. Acceptance of stand-alone Physical Education credits is institution dependent.
At the University of Washington, up to three 100-level credits of Physical Education may be applied to Bachelor Degree general elective requirements in all the university's colleges except for Engineering: https://www.washington.edu/students/ugrad/advising/aif/pe.html

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<tr>
<th>Is this course designed for Limited English Proficiency?</th>
<th>No</th>
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<td>Is this course designed for Academic Disadvantaged?</td>
<td>No</td>
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<tr>
<td>Does this course have a Workplace Training component?</td>
<td>No</td>
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CIP Code: 31.0590

Credits:

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<th>Will this course be offered as Variable Credit?</th>
<th>No</th>
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List Course Contact Hours

| Lecture (11 Contact Hours : 1 Credit) | 11 |
| Lab (22 Contact Hours : 1 Credit)    | 22 |
| Clinical Work (33 Contact Hours : 1 Credit) | 0 |
| Other (55 Contact Hours : 1 Credit)  | 0  |

Total Contact Hours 33

Total Credits 2
This is to certify that the above criteria have all been met and all statements are accurate to the best of my knowledge.

Faculty involved in originating this program:

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Patricia A Root</td>
<td>Patricia A Root</td>
<td>8/3/2017</td>
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Dean:

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<tr>
<td>Alissa D Agnello</td>
<td>Alissa D Agnello</td>
<td>8/22/2017</td>
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Results of NSCC Curriculum and Academic Standards Committee Findings

Participating Faculty Response and Remarks

- [X] Recommended for approval
- [ ] Not recommended for approval

Chairman, Curriculum and Academic Standards Committee:

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<tbody>
<tr>
<td>Denise G Brannan</td>
<td>Denise G Brannan</td>
<td>10/17/2017</td>
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Vice President for Instruction:

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<tbody>
<tr>
<td>Kristen A Jones</td>
<td>Kristen A Jones</td>
<td>10/18/2017</td>
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