

PHEDC107 : General Conditioning I

General Information

Author:	<ul style="list-style-type: none">• Kimberlee Kelly• King, Sarah• Scott, Justus
Course Code (CB01) :	PHEDC107
Course Title (CB02) :	General Conditioning I
Department:	Physical Education
Proposal Start:	Fall 2021
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	Yes
Course Control Number (CB00) :	CCC000283957
Curriculum Committee Approval Date:	02/07/2014
Board of Trustees Approval Date:	03/06/2014
External Review Approval Date:	07/15/2014
Course Description:	This beginning conditioning course is designed to assist students in developing increased cardiovascular function, flexibility, muscular strength, and endurance, using a variety of exercise equipment. The course emphasizes the development of an improved level of physical fitness through an individually designed fitness program.
Submission Type:	Mandatory Revision Added master discipline, removed two MI, added assignments, removed required text, no changes to SLO due to evaluation, cleaned up outline, updated delivery methods.
Author:	<ul style="list-style-type: none">• Kimberlee Kelly

Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none">• Kinesiology• Physical Education
Alternate Master Discipline Preferred:	No value
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

Course Formerly Known As

Course Formerly Known As
No Value

Course Development Options

Basic Skills Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Rationale For Credit By Exam/Challenge

No value

Course Support Course Status (CB26)

Course is not a support course

Course Special Class Status (CB13)

Course is not a special class.

Allowed Number of Retakes

0

Retake Policy Description

Type:|Non-Repeatable Credit

Grade Options

- Letter Grade Methods
- Pass/No Pass

Course Prior To College Level (CB21)

Not applicable.

Allow Students To Audit Course

Associated Programs

Course is part of a program (CB24)

Associated Program

Award Type

Active

CC Kinesiology for Transfer

A.A. Degree for Transfer

Spring 2018 to Fall 2018

Transferability & Gen. Ed. Options

Course General Education Status (CB25)

Y

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Cerro Coso General Education Requirements

Area 7.1

Categories

Health & Wellness
Wellness

Status

Approved

Approval Date

No value

Comparable Course

KINS 142b Boot Camp- CSU Long Beach
KINE 131 Group Strength and Fitness CAI
State L.A

CSU General Education Certification

Categories

Status

Approval Date

Comparable Course

Area E.1

Lifelong Learning
& Self-
Development
Integrated
Organism

Approved

No value

California State University, Chico KINE 116A -
Cardio Conditioning Mix
California State University, Fresno KAC 48 -
Cardiovascular Boot Camp
California State University, Long Beach KIN
142 - Group Exercise: Cardio

Units and Hours

Summary

Minimum Credit Units (CB07)	1
Maximum Credit Units (CB06)	1
Total Course In-Class (Contact) Hours	36
Total Course Out-of-Class Hours	18
Total Student Learning Hours	54
Faculty Load	0

Credit / Non-Credit Options

Course Credit Status (CB04)

Credit - Degree Applicable

Course Non Credit Category (CB22)

Credit Course.

Non-Credit Characteristic

No Value

Course Classification Status (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education
Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	2	1

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	0
Activity	36
Total	36
Course Out-of-Class Hours	
Lecture	0
Laboratory	0
Activity	18
Total	18

Time Commitment Notes for Students

No value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entrance Skills

Entrance Skills	Description
No value	No value

Limitations on Enrollment

Limitations on Enrollment	Description
No value	No value

Specifications

Methods of Instruction

Methods of Instruction Skills Development and Performance

Rationale Fitness training is based on a series of simple-complex movement patterns. These are developed and performed by students.

Methods of Instruction	Lecture			
Rationale	Safety, fitness plan creation, and appropriate technique are all part of the class lecture, which is used to share ideas and content to enhance student reading and help them further explore topics.			
Methods of Instruction	Instruction through examination or quizzing			
Rationale	Quizzes on safety, general anatomy, muscles groups, appropriate exercises for these groups, and weight room etiquette.			
Methods of Instruction	Demonstration			
Rationale	Demonstrations of exercises provide visual reinforcement of lecture ideas and fitness moves.			
Assignments				
Examples include but are not limited to Nutrition Log Fitness work-out log Overall Fitness Assessment Other reading materials assigned by instructor				
Methods of Evaluation	Rationale			
Final Exam	Final Examination: Students will be assessed and scored by an end of the semester examination. This examination may take the form of any combination of multiple choice, matching or true/false questions related to knowledge and implementation of the various concepts introduced in class.			
Participation	Performance evaluation: Students are evaluated individually for their level of expertise in executing activities in this course. For example, they are asked to execute three different upper body stretching techniques. This evaluation is based on specific skills defined in a rubric.			
Equipment				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value
Other Instructional Materials				
Description	Fitness related articles as provided by the instructor			
Author				
Citation	General Conditioning I			

Materials Fee

No

Learning Outcomes and Objectives

Course Objectives

No value

CSLOs

Identify the appropriate exercises to improve muscular strength, endurance, and flexibility, as well as cardiovascular respiratory endurance.	Expected SLO Performance: 70.0
Demonstrate the correct techniques used for each exercise type presented in the course.	Expected SLO Performance: 70.0
Demonstrate proper use of exercise equipment.	Expected SLO Performance: 70.0
Evaluate, modify, and implement a fitness program using the resources and information provided in the course.	Expected SLO Performance: 70.0
Develop strategies to maintain lifelong health habits/behaviors.	Expected SLO Performance: 70.0

Outline

Course Outline

A. Physiological and kinesiological knowledge of the body

1. Cardiovascular-respiratory system

a. Heart function

b. Oxygen utilization

c. Blood flow and vascular parameters

2. Skeletal and muscular systems

a. Muscle contraction

b. Mechanical basis for efficient movement

c. Muscles involved in various body movements

B. Exercise Techniques

1. Posture

2. Body positioning: feet; arms; back; head

3. Equipment and exercise safety

C. Nutrition; Diet; and Exercise for Weight Control

1. Fats

2. Carbohydrates

3. Proteins

D. Development of Personal Exercise Program

1. Flexibility

2. Stretching

3. Isometric

4. Isotonic- weight lifting

5. Canadian Air Force XBOX and 5BX programs

6. Aerobics

7. Jogging

8. Circuit Training

9. Kettle Bell

E. Physical Fitness Evaluation

1. Weight and body measurements

2. Calculation of pulse rate

3. Aerobics- 1 1/2 mile run for time (or other appropriate fitness assessment)

Delivery Methods

Delivery Method: Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

- Face to face

Rigor Statement: Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section? Describe the ways in which instructor-student contact and student-student contact will be facilitated in the distance ed environments.

No Value

Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Message -Other Contact -Chat/Instant Messaging -E-mail - Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV - Interactive Video -Other

- E-mail
- Face-to-face meeting(s)

Software and Equipment: What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

Accessibility: Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

- Learning management system

Class Size: Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

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Emergency Distance Education Options The course will operate in remote delivery mode when all or part of the college service area is under an officially declared city, county, state, or federal state of emergency, including (check all that apply) - Online including all labs/activity hours - Hybrid with online lecture and onsite lab/activity hours - Correspondence education in high school and prison facilities - None. This course will be cancelled or paused if it cannot be held fully onsite.

- Online including all labs/activity hours