

Cerro Coso College  
**Course Outline of Record Report**  
10/11/2021

## **PHEDC108 : General Conditioning II**

### **General Information**

Author:	-
Course Code (CB01) :	PHEDC108
Course Title (CB02) :	General Conditioning II
Department:	Physical Education
Proposal Start:	Fall 2013
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	Yes
Course Control Number (CB00) :	CCC000078474
Curriculum Committee Approval Date:	04/12/2013
Board of Trustees Approval Date:	06/13/2013
External Review Approval Date:	12/31/1969
Course Description:	This is a intermediate course in co-educational physical fitness designed to help improve general fitness through exercise. Topics include current scientific trends and methods in fitness and the practical application of physical fitness methods. This course emphasizes the maintenance of an improved level of physical fitness in a group fitness program.
Submission Type:	New Course
Author:	No value

### **Faculty Minimum Qualifications**

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

### **Course Development Options**

<b>Basic Skills Status (CB08)</b> Course is not a basic skills course.	<b>Course Special Class Status (CB13)</b> Course is not a special class.	<b>Grade Options</b> <ul style="list-style-type: none"><li>Letter Grade Methods</li><li>Satisfactory Progress</li></ul>
<input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	<b>Allowed Number of Retakes</b> 0	<b>Course Prior To College Level (CB21)</b> Not applicable.
<b>Rationale For Credit By Exam/Challenge</b>	<b>Retake Policy Description</b>	<input type="checkbox"/> All

No value

Type:|Non-Repeatable Credit

Allow Students to Audit Course

Course Support Course Status (CB26)

No value

### 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)

No value

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

### 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.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

### 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** 0

#### Course In-Class (Contact) Hours

Lecture 0

Laboratory 0

Activity 0

**Total** 36

#### Course Out-of-Class Hours

Lecture 0

Laboratory 0

Activity 0

**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

Performance

Rationale

No value

Methods of Instruction

Other

Rationale

Other Methods: A. Instructor modeled demonstration  
B. Student participation Demonstration

Methods of Instruction

Demonstration

Rationale

No value

Methods of Instruction

Discussion

Rationale

No value

Assignments

No Value

Methods of Evaluation

Rationale

Homework

Fitness journal

Homework

Personal fitness assessments

**Equipment**

No Value

**Textbooks**

Author	Title	Publisher	Date	ISBN
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This is for no textbook option

No Author. (2000) No Textbook Is Required, , No Publisher

This is for no textbook option  
No Author. (2000) No Textbook Is Required, , No Publisher**Other Instructional Materials**

<b>Description</b>	Other: Articles as given by instructor.
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<b>Author</b>	
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<b>Citation</b>	General Conditioning II
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**Materials Fee**

No

**Learning Outcomes and Objectives****Course Objectives**

No value

**CSLOs**

Improve level of physical well being through exercise.	Expected SLO Performance: 70.0
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Choose exercises to improve muscular strength, endurance and flexibility and cardiovascular respiratory endurance.	Expected SLO Performance: 70.0
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Appraise, revise and record fitness program progress.	Expected SLO Performance: 70.0
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## Outline

### Course Outline

- A. Physiological and Kinesiological knowledge of the body (A;B)
  - 1. Cardiovascular-respiratory System
    - a. Heart functioning
    - b. Oxygen utilization
    - c. Blood flow and vascular parameters
  - 2. Skeletal and Muscular Systems
    - a. Muscle contraction explanation
    - b. Muscle used for various exercises
    - c. Mechanical basis for efficient movement
- B. Various Exercise Techniques (A-C)
  - 1. Posture
  - 2. Body positioning- feet; arms; back; head
- C. Nutrition; Diet; and Exercise for Weight Control (A-C)
  - 1. Food Groups- Fats; carbohydrates; proteins; etc.
- D. Exercise Programs (A-C)
  - 1. Flexibility and stretching
  - 2. Stretching
  - 3. Isometric
  - 4. Isotonic- weight lifting
  - 5. Canadian Air Force XBX and 5BX programs
  - 6. Aerobics and possibly Aerobic Dance
  - 7. Jogging
  - 8. Circuit Training
- E. Physical Fitness Evaluation (A-C)
  - 1. Weight and body measurements
  - 2. Pulse-rate
  - 3. Aerobics- 1 1/2 mile run for time
- F. Developing own exercise program for physical fitness (A-C)

## Delivery Methods and Distance Education

**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 2 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?

No Value

**Effective Student-Instructor Contact:** 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 -Moodle Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

No Value

**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.

s508\_itv

s508\_moodle

s508\_publisher

**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.

No Value