

PHEDC108 : General Conditioning II

General Information

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Course Code (CB01) :	PHEDC108
Course Title (CB02) :	General Conditioning II
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) :	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 an 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:	Mandatory Revision Added master discipline , cleaned up language, removed MI's, added rationals to ME, added ME no revisions to SLO as of last review, added GE requests, cleaned up text information, cleaned up outline, added delivery information
Author:	No value

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

- Pass/No Pass
- Letter Grade Methods

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

PHED 157A Cardio Pump, Santa Ana College

CSU General Education Certification

Area E.1

Categories

Lifelong Learning
& Self-Development
Integrated Organism

Status

Approved

Approval Date

No value

Comparable Course

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	Performance
Rationale	Body conditioning is based on a series of simple-complex movement patterns. These are developed and performed by students.
Methods of Instruction	Demonstration
Rationale	Demonstrations of exercises provide visual reinforcement of lecture ideas and fitness moves.
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.

Assignments

Examples include but are not limited to:
 Creation and evaluation of a personal fitness plan
 Nutrition logs
 Fitness logs

Methods of Evaluation

Homework

Rationale

Fitness journaling provides student time/date record of activities as well as personal progression of fitness. This also allows instructor to review fitness progress and ensure student is following class protocol.

Project

Personal fitness assessments: students will participate the in pre-and post fitness testing as part of a semester long fitness project. These assessments are used to evaluate progress thought the semester.

Tests

Tests are administered to ensure students understand fitness concepts and class SLO's, as well as safety protocols for the class.

Equipment

Provided

Textbooks

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

Other Instructional Materials

No Value

Materials Fee

No

Learning Outcomes and Objectives**Course Objectives**

No value

CSLOs

Improve level of physical well-being through implementing advanced techniques in exercise.

Expected SLO Performance: 70.0

Identify and demonstrate intermediate to advanced exercises to improve muscular strength, endurance, flexibility, and cardiovascular respiratory endurance. Expected SLO Performance: 70.0

Appraise, revise, and record a fitness program using intermediate to advanced exercises and fitness concepts.

Expected SLO Performance: 70.0

Outline

Course Outline

- A. Physiological and Kinesiological knowledge of the body
 - 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
 - 1. Posture
 - 2. Body positioning- feet; arms; back; head
- C. Nutrition; Diet; and Exercise for weight control
 - 1. Food Groups- Fats; carbohydrates; proteins; etc.
- D. Exercise Programs
 - 1. Flexibility and stretching
 - 2. Stretching
 - 3. Isometric
 - 4. Isotonic- weight lifting
 - 5. Canadian Air Force XBX and 5BX programs
 - 6. Aerobics
 - 7. Jogging
 - 8. Circuit Training
- E. Physical Fitness Evaluation
 - 1. Weight and body measurements
 - 2. Pulse-rate
 - 3. Aerobics- 1 1/2 mile run for time, sit up and push up tests, step test.
- F. Developing own exercise program for physical fitness

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
- Online (purely online no face-to-face contact)
- Online with some required face-to-face meetings ("Hybrid")

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