

Course Outline

COURSE: PE 44 **DIVISION:** 40 **ALSO LISTED AS:** KIN 44

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: AEROBICS

LONG TITLE: Aerobics

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

A program of aerobic fitness. Includes various forms of exercise to improve health, heart, and body composition. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 44, effective Fall 2011.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 3 times

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Students will calculate their target heart rate and apply their THR to determine how hard they are working out and their cardiovascular fitness level improvement.

ILO: 2, 7, 6, 1

Measure: written exam, demonstration

2. Students will explain the components that make up a complete fitness program and incorporate them in class workouts.

ILO: 2, 7, 1, 4

Measure: written exam, oral exam, performance

3. Students will list and discuss the nutrients the body uses for energy and analyze how this relates to one's eating habits.

ILO: 2, 1, 6, 4, 7

Measure: project (Food Diary), oral report

4. Students will identify at least two lifestyles changes which will help improve their physical and emotional well being and design goals which will help achieve those changes.

ILO: 6, 7, 2, 1

Measure: project

5. Students will describe the three components (FIT) of a cardiovascular fitness program and apply them to class workouts.

ILO: 2, 7, 1, 4

Measure: oral report, written exam, performance

6. Students will increase their aerobic capacity by participating in class workouts.

ILO: 7, 6, 4

Measure: pre and post testing, performance

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 44, effective Fall 2011.

Curriculum Approval Date: 11/26/2007

Students who repeat this class will have the opportunity to improve their fitness level. This can be accomplished by using a variety of methods, such as: working at a higher THR, increasing the number of repetitions, and/or decreasing the amount of rest between each exercise. The students skills or proficiencies will be enhanced by supervised repetition and practice.

3 - 6 Hours

Orientation of course requirements. Safety factors and the benefits of a proper warm-up and cool-down will be discussed. Students will complete a personal health profile and take their resting heart rate. Information will be provided on how to calculate your target heart rate. Pre-test to determine their aerobic capacity. Begin warm-up routine, power walking and introduce some muscular strength training exercises.

SPO: Students will complete a personal health profile, be able to calculate their THR, and explain the benefits of a warm-up and cool-down.

3 - 6 Hours

The classes will include a warm-up, power walking, some exercises performed last class, as well as some new ones and a cool-down. Information will be provided on the components that make up a complete

fitness program. Presentation on the three components of a cardiovascular fitness program (FIT).

SPO: The students will demonstrate the components that make up a complete fitness program. They will describe what FIT stands for.

3 - 6 Hours

Classes will incorporate a warm-up, power walking, an exercise routine, and a cool-down. Exercises presented earlier will also be used. The use of hand weights will be introduced. A discussion on goal setting as it relates to lifestyle changes will be included as well as a presentation on body composition.

SPO: Each student will select two or three goals to work on throughout the class. They will participate in the exercises utilizing hand weights.

4.5 - 9 Hours

Classes will include a warm-up; power walking; exercises performed earlier, including the use of hand weights, and a cool-down. The use of bands will be introduced. The opportunity to have their body composition assessed will be provided. A mini-lecture on diets, including their pros and cons and fad diets will be presented.

SPO: Students will complete a one week food diary. They will discuss the pros and cons of dieting and explain the effects fad diets have on the body.

10.5 - 21 Hours Class structure will include warm-up and power walking, followed by some type of exercises and then a cool-down. The exercises could include hand weights, muscular strength training, steps, bands, and exercise balls. The use of circuits, stations, videos, and/or mass calisthenics could be utilized. A mini-lecture on such topics as weight control, stress management, vitamins, minerals, nutrients, and/or eating disorders will be presented. Goal-setting, FIT, and THR will be reviewed.

SPO: Students will monitor their cardiovascular fitness progress through the use of their THR. They will participate in the mini-lecture discussions. Students will demonstrate various exercises using a training aid.

1.5 - 3 Hours

Post-testing to evaluate each student's aerobic capacity, which will help determine their improvement.

SPO: Each student will complete the post-testing.

2 Hours

Final.

Assignments are included in the course content.

METHODS OF INSTRUCTION:

Demonstration, Discussion, Mini-lectures, Videos, Stations

METHODS OF EVALUATION:

The types of writing assignments required:

Other: Food journal

The problem-solving assignments required:
Other: Calculating THR and Body Fat Percentage
The types of skill demonstrations required:
Performance exams
The types of objective examinations used in the course:
Completion
Other: I
Other category:
Requires student participation.
The basis for assigning students grades in the course:
Writing assignments: 5% - 15%
Problem-solving demonstrations: 5% - 15%
Skill demonstrations: 10% - 20%
Objective examinations: 10% - 30%
Other methods of evaluation: 50% - 60%

REPRESENTATIVE TEXTBOOKS:

Aerobic Dance Away to Fitness, Mazzeo & Kisselle
Fitness and Wellness, Frank D. Rosato
Lifetime Fitness and Wellness, Melvin H. Williams

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
GAV E1, effective 200830
CSU GE:
CSU E1, effective 200830
IGETC:
CSU TRANSFER:
Transferable CSU, effective 200830
UC TRANSFER:
Transferable UC, effective 200830

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: A
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: PE
CSU Crosswalk Course Number: 44
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000048989

Sports/Physical Education Course: Y

Taxonomy of Program: 083510