



Course: PE 68

Division: 10

Also Listed As:

Term Effective: 201070, CURRICULUM APPROVAL DATE: 02/22/2010

Short Title: BOOTCAMP FITNESS

Full Title: Bootcamp Fitness

<u>Contact Hours/Week</u>	<u>Units</u>	<u>Number of Weeks</u>	<u>Total Contact Hours</u>
Lecture: 0	.5 OR 1	17.34	Lecture: 0
Lab: 1.5 OR 3			Lab: 26.01 OR 52.02
Other: 0			Other: 0
Total: 1.5 OR 3			Total: 26.01 OR 52.02

Credit Status: D - Credit - Degree Applicable

Grading Modes: L - Standard Letter Grade
P - Pass/No Pass

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

Schedule Types: 04 - Laboratory/Studio/Activity

Course Description:

A challenging series of drills and exercises that develop, improve and increase strength, flexibility, agility and cardiovascular abilities. Designed for all levels of fitness. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200530

CSU GE:

CSU E1, effective 200530

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200530

UC TRANSFER:

Transferable UC, effective 200530

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. Students will calculate and monitor their Resting Heart Rate (RHR) and their Training Heart Rate (THR) at various intensity levels.

Measure: Demonstration

ILO: 2, 7, 6

GE-LO: A1, B3, E1

2. Students will increase their agility and their cardiovascular fitness by participating in class workouts.

Measure: Pre and Post Testing, Performance

ILO: 7, 6

GE-LO: E1

3. Students will demonstrate 5 upper body and 5 lower body strength exercises through the use of either body weight or resistance bands.

Measure: Performance

ILO: 7, 2, 1, 4

GE-LO: E1

4. Students will demonstrate 4 core strength exercises and 2 core flexibility exercises.

Measure: Performance

ILO: 7, 2, 1, 4

GE-LO: E1

5. Students will demonstrate 2 upper body and 2 lower body flexibility exercises.

Measure: Performance

ILO: 7, 2, 1, 4

GE-LO: E1

TOPICS AND SCOPE:

Curriculum Approval Date: 02/22/2010

Note: Students who repeat the class will have the opportunity to learn additional exercises designed to improve their strength, agility, and flexibility. They can also improve their cardiovascular fitness level by increasing the number of repetitions of each exercise and increasing their THR.

6 - 12 Hours

Introduction to class, including course syllabus, course expectations, grading,

and attendance policies. Appropriate attire will be discussed. Fitness assessment (Pre-Test) will be conducted (cardiovascular, upper body, lower body, and core strength). Agility and cardiovascular drills will be introduced. Teach students how to determine Resting Heart Rate (RHR) and calculate appropriate Training Heart Rate (THR). Flexibility exercises will be introduced. Check THR.

SPO: Students will participate in the fitness assessments. They will demonstrate the conditioning drills introduced. Students will be able to determine their RHR and calculate their THR. Two different flexibility exercises will be demonstrated by the students.

7.5 - 15 Hours

Continue conditioning. Monitor THR. Upper body, lower body, and core strength drills using the weight of one's body will be presented. Strength drills will be incorporated into the conditioning routine (both agility and cardiovascular). Intervals will be introduced into the conditioning routine. Continue working on increasing one's THR through the use of interval drills. Check THR. New interval drills may also be presented. Jump roping will be introduced as a means of conditioning.

SPO: Proper technique for strength training exercises will be demonstrated by the students. They will participate in a variety of conditioning routines. Students will be able to calculate the appropriate training heart rate for intervals. They will participate in conditioning exercises utilizing jump ropes.

6 - 12 Hours

Continue workouts. Jump ropes will be introduced as a means of interval training. Introduce resistance bands as a component of upper and lower body strength training. Additional exercises incorporating the use of resistance bands will be provided. Increase intensity and duration of conditioning exercises. Check THR.

SPO: Students will participate in a variety of interval training routines, including the use of jump ropes. They will perform an upper body and a lower body strength exercise using the resistance band. Students will demonstrate any new exercises that are introduced.

6 - 12 Hours

Continue exercise routines. Increase intensity and duration of strength exercises. Check THR. Continue conditioning program. Fitness assessment (Post-Test) will be conducted.

SPO: Students will demonstrate 5 upper body and 5 lower body strength exercises. They will also demonstrate 4 core strength exercises. They will participate in the fitness assessment.

2 Hours

Final.

METHODS OF INSTRUCTION:

Demonstration, small groups, stations

METHODS OF EVALUATION:

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0 %

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason:

Course primarily involves skill demonstration or problem solving

CATEGORY 2 -The problem-solving assignments required:

Percent range of total grade: 5 % to 10 %

Other: Calculating THR

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 30 % to 50 %

Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 0 %

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 40 % to 60 %

Class participation required.

REPRESENTATIVE TEXTBOOKS:

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: 68

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: CCC000381384

Sports/Physical Education Course: Y

Taxonomy of Program: 083500