

Course: PE 700 Division: 90 Also Listed As:

Term Effective: 200930, INACTIVE COURSE

Short Title: WORKPLACE FITNESS

Full Title: Workplace Fitness

<u>Contact Hours/Week</u>	<u>Units</u>	<u>Number of Weeks</u>	<u>Total Contact Hours</u>
Lecture: 0	0	17.34	Lecture: 0
Lab: 5			Lab: 86.7
Other: 0			Other: 0
Total: 5			Total: 86.7

Credit Status: N - Non Credit

Grading Modes: N - Non Credit

Repeatability: Repeatability: N - Course may not be repeated

Schedule Types: 04 - Laboratory/Studio/Activity

Course Description:

This course is designed as an open entry, open exit class to improve cardio-respiratory fitness, muscular strength and endurance, flexibility and body composition for the workforce community. Strength and muscular endurance will be developed using the Magnum weight equipment. Cardio-respiratory programs will run on treadmills, cycles, stairsteppers and elliptical trainers. Students will need to participate in a one hour orientation prior to the first class meeting.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. Students will demonstrate the proper use of the Magnum Equipment and other weight training equipment

ILO: 1, 2 & 7

Measure: Demonstration

2. Students will calculate and monitor their at rest and training heart rates

ILO: 2, 4, 6 & 7

Measure: Performance

3. Students will explain the importance of and perform proper warm-up and cool down exercises before and after their workouts

ILO: 1, 2, 6, & 7

Measure: Performance

4. Students will have improved cardiovascular fitness, increase muscular strength and endurance, improved body composition and improved flexibility

ILO: 2,6,& 7

Measure: Pre and post assessment

5. Students will develop a self-directed and self-monitored fitness program

ILO: 1, 2, & 6

Measure: Demonstration

TOPICS AND SCOPE:

Inactive Course: 12/08/2008

WEEK 1

1-5

Students will participate in an orientation in the proper use and operation for each of the weight training machines.

WEEK 2-6

5-25 HOURS

Under supervision, students will develop and perform a 60 minute personalized, self-directed and self-monitored exercise program using the 9 Magnum workout stations and other weight training equipment: Leg extensions, seated leg curls, leg presses, ab cruncher, low back, bicep, tricep extension, pec/dec rear deltoids & shoulder press. Other equipment that will be used in the total body workout will be the stepper, bike, elliptical and the treadmill. In addition, students will perform warm up and cool down exercises and calculate their heart rates. This workout is repetitive over the course of the semester.

WEEK 7

1-5 HOURS

Students will participate in a progress review.

WEEK 8-15

8-40 HOURS

Students will continue individual workouts, increasing the length of exercise, weights and/or repetition.

WEEK 16-17

2-10 HOURS

Students will participate in a class survey, self-evaluation and post fitness assessment

METHODS OF INSTRUCTION:

Demonstrations, individual instruction and workout stations.

METHODS OF EVALUATION:

REPRESENTATIVE TEXTBOOKS:

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: L

Noncredit Category: D

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

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: CCC000435864

Sports/Physical Education Course: N

Taxonomy of Program: 083510