

Course: PE 33

Also Listed As:

Term Effective: 201030, CURRICULUM APPROVAL DATE: 05/11/2009

Short Title: WALK/RN FOR FITNESS

Full Title: Walk/Run for 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: R 3 times, credit hours

Schedule Types: 04 Laboratory/Studio/Activity

Course Description:

A program of walking and/or running designed to improve cardiovascular fitness and strengthen the muscles throughout the body. This course has the option of a letter grade or pass/no pass and may be repeated three times for credit.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 199650

CSU GE:

CSU E1, effective 199650

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199650

UC TRANSFER:

Transferable UC, effective 199650

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. The student will apply the mechanical principles of walking and/or running to become more efficient.

Measure: demonstration, discussion

ILO: 7, 2, 1, 6

GE-LO: A7, E1

2. The student will monitor their target heart rate and chart their cardiovascular improvement.

Measure: workout chart

ILO: 2, 7, 6

GE-LO: E1

3. The student will describe the principles of a complete fitness program.

Measure: discussion

ILO: 2, 7, 1

GE-LO: E1, A1

4. The student will participate in a variety of workout routines.

Measure: demonstration

ILO: 7, 6

GE-LO: E1

TOPICS AND SCOPE:

Curriculum Approval Date: 05/11/2009

Students who repeat the class will have the opportunity to improve on their fitness levels. This can be accomplished by a variety of methods, such as increasing distance, decreasing time per mile and/or further improving technique.

WEEK HOURS CONTENT:

1 1.5-3 Explain program/course/grading.

2 1.5-3 Take fitness tests - pre-testing, which may include step test, 12 minute walk/run, 1 1/2 mile test.

3 1.5-3 Explanation/demonstration of stretching techniques specific to walking/running.

Students will be able to demonstrate four stretches.

Discuss/demonstrate the proper form for walking/running.

4 1.5-3 Explanation of cardiovascular fitness.

The students will be able to show their knowledge of three components of cardiovascular fitness (FIT) through an oral and/or written test.

Set individual goals and begin fitness program.

5 1.5-3 Provide information on training at your THR.
Students will be able to calculate their THR.

6-8 4.5-9 Continue fitness program. Provide information and have the students experience: varied step workout and hill training.

Student will incorporate these workouts into their personal fitness program.

9 1.5-3 Fitness tests - retest for improvement indicator.

10-16 10.5-21 Continue working on cardiovascular fitness program.

May include the following workouts: interval training and Fartlek (varied speed).

The students will demonstrate their understanding by including these workouts in their fitness program.

17 1.5-3 Post testing - fitness tests.

See content section of course outline.

METHODS OF INSTRUCTION:

discussion, demonstration, small group interaction

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: 0%

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: 50 % to 70 %

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: 33
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: CCC000037425
Sports/Physical Education Course: Y
Taxonomy of Program: 083500