

Course Outline

COURSE: PE 64 **DIVISION:** 40 **ALSO LISTED AS:** KIN 64

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: INDIV CARDIO FITNES

LONG TITLE: Individualized Cardiovascular Fitness

<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 fitness program which develops cardiovascular endurance through an individualized open lab format. 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 64, 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. The student will explain the three components of a cardiovascular fitness program (FIT).
 ILO: 7, 2, 1
 Measure: written exam, discussion

2. The student will develop a cardiovascular fitness program specific to their needs which incorporates at least two (2) of the cardio exercise machines.

ILO: 7, 2, 6, 4

Measure: demonstration,
written exam

3. The student will monitor their target heart rate (THR) and chart their cardiovascular improvement.

ILO: 2, 7, 6

Measure: demonstration, workout chart

4. The student will discuss the value of cardiovascular exercise as a lifelong activity.

ILO: 2, 7, 6, 1

Measure: written exam, discussion

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 64, effective Fall 2011.

Curriculum Approval Date: 04/14/2008

1.5 - 3 Hours

Course orientation, including grading and the procedures for use of the open lab.

SPO: Students will explain the requirements of the course, including how they are graded, the dress code, and the use of the workout chart. They will correctly log themselves in and out of the lab.

4.5 - 9 Hours

Continue orientations as needed. Discuss the importance of stretching as a warm-up. Explain the benefits of stretching both before and after exercising and demonstrate a variety of stretches. Determine and note each students' target heart rate. Pre-testing of cardiovascular fitness level, which may include: Cooper's 12-minute walk-run fitness test, Lifecycle fitness test, 8 laps for time, Stairmaster fitness test, and/or treadmill fitness test. Explanation of the three components of a complete cardiovascular fitness program (FIT). Information on training at one's target heart rate (THR) will be provided. Set individual goals and begin a cardiovascular fitness program.

SPO: At least five (5) stretches will be demonstrated by the students. They will participate in a cardiovascular fitness test. Students will explain what FIT stands for and discuss the benefits of training at one's THR.

6 - 12 Hours

Continue working on a cardiovascular fitness program. Information will be provided, and the students will experience a variety of workouts utilizing the track, Lifecycle, cross country course, treadmill, and Stairmaster. Re-testing could be provided to indicate improvement.

SPO: The students will demonstrate how to use the Lifecycle, treadmill and Stairmaster. They will participate in cardio workouts.

13.5 - 27 Hours Students will continue to work on their cardio fitness program. Stations, intervals, and speed workouts will be explained and may be included in their workouts, as well as the workouts utilized earlier. Post-testing to determine improvement.

SPO: Students will develop a cardiovascular workout routine and apply the skills learned into a weekly workout program. They will record their progress on their workout chart. Students will explain two different types of cardio workouts.

2 Hours

Written final.

This is a skill building class where the student's skills or proficiencies will be enhanced by supervised repetition and practice in class.

METHODS OF INSTRUCTION:

demonstration, small groups, discussion

METHODS OF EVALUATION:

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Other: Short answer

Other category:

Other: Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 20% - 30%

Objective examinations: 10% - 20%

Other methods of evaluation: 50% - 80%

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 199930

CSU GE:

CSU E1, effective 199930

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199930

UC TRANSFER:

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: 64

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: CCC000161561

Sports/Physical Education Course: Y

Taxonomy of Program: 083500