

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**NONCREDIT COURSE**

(Use this form only for Noncredit courses)

**COURSE NUMBER AND TITLE:    CNED 75   Be Alive Exercise**

**MINIMUM NUMBER OF SEMESTER HOURS:        16**

**SCOPE OF COURSE:**

A low impact aerobic exercise program designed specifically for the adult student. Exercises incorporate gentle but effective movements to increase endurance, flexibility, agility, strength, and muscle tone. Stretch bands and weights may be incorporated into the course. The course may be adapted for individuals with physical challenges.

**SPECIFIC COURSE OBJECTIVES:**

The successful student will:

1.     Incorporate class exercise routines into a daily personal physical fitness routine.
2.     Analyze methods for reaching and maintaining optimum health.
3.     Understand components of healthy aging.
4.     Understand when and how to take accurate Target Heart Rate reading.
5.     Learn to pace him/herself to optimize fitness.
6.     Incorporate safe 'warm-up' and 'cool-down' exercises into routine.
7.     Use pre-test to help set individual goals.
8.     Recognize emotion and physical causes of stress.
9.     Analyze and select effective stress reduction techniques.
10.    Incorporate stress reduction techniques into daily routine.
11.    Show overall improvement on post-test.
12.    Experience increased fitness and well-being.
13.    Continue to create a healthy lifestyle.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I.    Pre-test Measurement and Orientation
  - A.    Flexibility
  - B.    Strength
  - C.    Balance
  - D.    Agility
  - E.    Resting pulse rate
  - F.    Blood pressure
  - G.    Endurance
  - H.    Pulmonary Function

- I. Circulatory Function
- J. Presentation of safety procedures
- II. Goal Setting
  - A. Elements of Positive Self-esteem and Healthy Body Image
  - B. Symptoms of Low Self-esteem
  - C. How to Establish Realistic Goals
  - D. Log or Journal to Record Goals and Assist with Progress
  - E. The Buddy System
  - F. Long Range vs. Short term Goals
- III. Elements of Healthy Aging
  - A. Overview of Current Research
  - B. Components of a Healthy Diet
  - C. Integration of Exercise, Diet, and Lifestyle to Optimize Health
  - D. Explore and Implement Stress Reduction Techniques and Behaviors
  - E. Individualized Goals versus Perfection
  - F. Assessment of Pain
  - G. Preventative Pain Measures
- IV. Participation in Instructor-Led Exercise Program
  - A. Determine How to Correctly Measure Target Heart Rate (THR)
  - B. Measure THR to Determine 'Pace'
  - B. How to Modify Class Exercises to Individual Needs
  - C. Proper Execution of each Exercise Element
  - D. Incorporate THR in home exercise program
- V. Risk Assessment and Injury Prevention
  - A. Pre-test Determines Skill Level
  - B. Determine THR at Beginning and Throughout Exercise Session
  - C. Warm-up and Cool-down Exercises
  - D. Practice Self-Awareness
  - E. Equipment Selection to Reduce Risk of Injury
- VI. Post-test Assessment
- VII. Setting New Goals

**MATERIALS REQUIRED:**

It is recommended that students wear loose comfortable clothing appropriate for the given season or indoor environment and shoes that provide excellent arch and heel support with soles for the given surface where class will meet. Students will need a towel and water bottle. If weights or stretch bands are used, students will provide own equipment.

**TEXTS RECOMMENDED OR REQUIRED:**

Instructor will supply appropriate handouts.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes \_\_\_\_\_ No  X

**If yes, check all that apply.**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**METHODS OF DETERMINING WHETHER THE STATED OBJECTIVES HAVE BEEN MET BY STUDENTS:**

Using the pre-tests and post-tests, each student will assess his/her improvement in physical and emotional well-being. During the course, instructor and students engage in positive support for one another, offering feedback on the individual's progress toward his/her stated goal. The student will have a log or journal as a personal record of his/her achievement in the course. The student may complete an exit evaluation stating the degree of satisfaction with the course content, instruction received, and degree of satisfaction in meeting individual goals.

**CONTACT PERSON: Lee Kerckhove, x2154**

<b>SIGNATURES ON FILE:</b>
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