

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 101 Introduction to fitness Principles

UNIT VALUE: 2

MINIMUM NUMBER OF SEMESTER HOURS: 32

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

The fitness principles, physiological processes, chemical changes, nutritional patterns, program development, self-evaluation, and safety standards related to one's physical self improvement.

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. apply principles of proper body mechanics.
2. evaluate fitness principles and skills.
3. identify and apply characteristics of fitness techniques.
4. identify effective health fitness choices for determining lifestyles.
5. apply fitness principles to achieve holistic health.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

Major course content will be based on lectures from the following topics:

1. Muscle physiology
2. Strength
3. Anatomy
4. Physiology
5. Flexibility
6. Nutrition
7. Obesity and diet
8. Athletic injury
9. Athletic performance and nutrition
10. Benefits of exercise
11. Blood chemistry
12. Anaerobic and aerobic energy
13. Types of exercise programs
14. Heart disease
15. Stress and exercise
16. Exercise and aging
17. Cardiac function
18. Gas exchange (respiration)
19. Recreation
20. Fitness evaluation

REQUIRED READING:

Instructor generated handouts.

SUGGESTED READING: None

REQUIRED WRITING:

Notes and lecture journal on personal self-fitness practices (minimum ten typewritten pages).

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts, and lecture notes. Prepare writing assignment, practice skills, and study for exams.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

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

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.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation	50%
Written Exams	30%
Self-fitness practices journal	20%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes ___ No x Number of times course may be taken for credit: 1

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

Contact Person: Robert C. Vetter Extension 2465

SIGNATURES:

SIGNATURES ON FILE