

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 103 Evaluative Fitness

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 80

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS:

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Theory and practical application of current testing and evaluation procedures in adult fitness programs. Familiarization with workload ergometers, lean body mass testing, blood pressure and pulse rate indicators, flexibility, strength, coordination, and endurance testing. Current theory and treatment of major health problems. Diet, exercise, and behavior modification through computer assisted programs.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. identify, and apply principles of proper body mechanics.
2. evaluate potential health problems and the ramifications of hypokinetic lifestyles.
3. demonstrate proficiency in pre and post-testing procedures applicable to the individual goals.
4. identify appropriate training modes for strength, power, flexibility and endurance.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Lecture (Theory)
Major Course content includes:
 - a. Kinesiology
 - b. Fitness training methods
 - c. Behavior modification
 - d. Hypokinetic disease
 - d. Maximal O₂ testing
 - e. Submaximal O₂ testing
 - f. Postural alignment
 - g. Training methods
 - h. Pulmonary function
 - i. Types of movement
 - j. Liabilities
 - k. Body composition
 - l. Medication effects

2. Lab (Applied)
 - a. Fitness leadership
 - b. Metabolic assessment
 - (1) pulse
 - (2) blood pressure
 - c. Exercise prescription
 - d. sub-maximum testing
 - e. Body composition testing
 - f. Fitness leadership technique

REQUIRED READING:

American Council on Exercise. Personal Trainer Manual. San Diego: ACE Publishing, 1992.

SUGGESTED READING:

American College of Sport Medicine. Guidelines for Exercise Testing and Prescription. 5th Edition. Philadelphia: Lea & Feibiger, 1995.

REQUIRED WRITING:

Students will be required to complete five written projects that will consist of calculating and assessing results for data gathered during lab time for the following areas: flexibility & strength, body composition, nutritional analysis, oxygen uptake & composition, Sub-maximum V_O₂ testing, cardiac function, and evaluation of a conditioning class on campus (minimum 4-5 pages each totaling 25 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, lecture notes, and text. Prepare writing assignment, practice skills, and study for exams.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.
Yes _____ No

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse
 mediated instruction
 computer assisted instruction

GRADING POLICY AND STANDARDS

The grading policy for this course is broken down into the following areas:

Quizzes	10%
Tests	30%
Written projects	30%
Participation	30%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?
Yes _____ No Number of times course may be taken for credit:
1.