

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 125 Physical Fitness

UNIT VALUE: 1, 1.5, 2

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48, 64

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Training in endurance, flexibility, and strength. Methods to achieve training include: swimming, running, walking, step bench, weight training, strength training, and/or cycling. Emphasis is on pre-testing, post-testing, and the development of personal fitness. *May be taken four times.* CSU; UC

SPECIFIC COURSE OBJECTIVES:

Successful students will....

1. evaluate their individual fitness level from the beginning until the end of the semester.
2. identify personal fitness workouts and chart progress in personal journals.
3. identify individual fitness goals.
4. apply principles through fitness testing, overall improvement in physical fitness and stated goals.
5. evaluate and monitor target heart rates.
6. analyze daily participation worksheets.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction to the basics of physical fitness:
 - A. Frequency, intensity and duration.
 - B. Nutritional guidelines.
 - C. Physiological and psychological benefits.
 - D. Proper technique and injury prevention techniques.

- II. Content.
 - A. Student will be tested and trained in their individual sport:
 1. Swimming.
 2. Soccer.
 3. Football.
 4. Weight training.
 5. Strength training.
 6. Aerobic exercises.
 7. Cross country/running.
 8. Basketball.
 9. Volleyball.
 10. Walking.
 11. Cycling.

 - B. Pre-testing/Post-testing:
 1. Blood pressure.
 2. Resting pulse.
 3. Flexibility.
 4. Body composition.
 5. Muscle strength.
 6. Muscle endurance.
 7. Target heart rate.

- III. Participation.
 - A. Active involvement in daily activities.
 - B. Pre-testing and Post-testing (as listed above).
 - C. Workouts geared toward individual fitness levels.
 - D. Increased intensity level throughout the semester.
 - E. Demonstrated improved personal physical fitness level.
 - F. Daily journal recording.

REQUIRED READING:

Instructor generated handouts.

SUGGESTED READING: None

REQUIRED WRITING:

One journal, 3 to 6 pages in length, to include: calendared participation, pre-testing and post-testing results, workouts including stretching and intensity, training heart rate, overall individual progress.

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 and practice skills.

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	80%
Written Assignment (Journal)	20%

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

Yes No Number of times course may be taken for credit: 4

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

CONTACT PERSON: Sherry Titus extension 2526

SIGNATURES ON FILE