

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 128 Wellness Activities

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:

Physical conditioning through aerobic fitness, flexibility, and resistance training programs. Activities include treadmill, stairmaster, stationary biking, rowing, and weight machines. Individualized tests determine the conditioning program and the level of performance expected. *Open entry/Open exit. Grading: Credit/No Credit. May not be taken as audit.*

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. identify the benefits of an aerobic and muscle conditioning programs.
2. analyze their fitness test results.
3. evaluate a sound aerobic conditioning, flexibility and muscle building program.
4. compare and contrast workout combinations that will prove most effective for him/her.
5. apply principles of lifelong practice of an active lifestyle.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Pre-Testing and Orientation
 - A. 3-minute step test (American College of Sports Medicine)
 - B. Resting pulse rate
 - C. Blood pressure
 - D. Discussion of safety procedures and class organization.

- II. Optional Fitness Tests
 - A. Lean body mass
 - B. Flexibility
 - C. Sit-ups (1 minute)
 - D. Push-ups (1 minute)

- III. Participation
 - A. Discuss and determine Target Heart Rate for each individual
 - B. Discuss and determine F.I.T. Principles (frequency, intensity and time) for each individual
 - C. Proper selection of aerobic, flexibility and strength training equipment
 - D. Proper methods for working out on the selected equipment
 - E. Monitoring individual participation and progress

- IV. Post-Testing
 - A. 3-minute step test
 - B. Resting pulse rate
 - C. Blood pressure
 - D. Evaluation of individual progress

REQUIRED READING:

Instructor-generated handouts.

SUGGESTED READING:

None

REQUIRED WRITING:

Submit a two-page fitness test, progress reports and workouts.

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.

Record workouts, calculate training heart rate formulas, practice skills and evaluate progress.

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 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.)

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

Participation	80%
Completion of progress reports and fitness tests	20%

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

Yes X 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)

CONTACT PERSON: Jon Clossen, Jr. Extension 2484

SIGNATURES ON FILE