

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 129 Aerobics/Step

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:

Improve cardiovascular fitness through a variety of aerobic exercises. The development of strength, endurance, flexibility, and coordination using optional resistance equipment such as step benches, hand weights, and flex bands.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. identify flexibility, muscle tone, strength, endurance coordination, and aerobic fitness.
2. apply principles in personal skills and knowledge of the subject matter through written and practical testing.
3. identify the need for exercise.
4. identify an awareness of proper techniques for developing a lifetime exercise program.
5. identify major muscles and their function.
6. evaluate the ability to organize an aerobic routine.
7. explain skills and techniques used when demonstrating an aerobic routine.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
 - A. Orientation
 - B. Pre-test
 - 1. Flexibility
 - 2. Strength
 - 3. Body composition
 - 4. Body weight

- II. Class Content
 - A. Warm-up
 - B. Stretching
 - C. High/low impact
 - D. Step
 - E. Circuit training
 - F. Relaxation
 - G. Nutrition
 - H. Cool-down
 - I. Muscle toning
 - 1. Back/chest
 - 2. Arms/shoulders
 - 3. Abdominals
 - 4. Hips/legs

- III. Post-test
 - A. Flexibility
 - B. Strength
 - C. Body composition
 - D. Body weight

- IV. Evaluation/Project

REQUIRED READING:

Instructor-generated handouts.

SUGGESTED READING:

None.

REQUIRED WRITING:

Skills demonstration is more appropriate.

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. Practice skills, and study for exam.

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	70%
Skills demonstration	20%
Exam	10%

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)

CONTACT PERSON: Darlene Handa, Extension 5198

SIGNATURES ON FILE