

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 130 Individualized Fitness Exercise

UNIT VALUE: 1, 1.5, 2

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48, 64

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

An interdisciplinary course focusing on specific aspects of fitness including physical, mental, and emotional parameters. May include, but not limited to, physical performance, stress management, weight management, self-esteem, behavior modification, and injury rehabilitation.

May be taken four times. CSU; UC

SPECIFIC COURSE OBJECTIVES:

Successful students will be able to:

1. evaluate one or more health related fitness parameters.
2. identify fitness strengths and weaknesses.
3. synthesize current concepts and standards in holistic fitness.
4. analyze optimum lifestyle in specific parameters of fitness.
5. evaluate fitness and stress levels through personal pre- and post- inventories.
6. identify physical, mental and emotional techniques to manage stresses, and increase feelings of self worth.
7. evaluate personal performance throughout the course in direct relationship to identified personal goals.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Test and evaluate the following physical parameters
 - A. flexibility
 - B. strength
 - C. lean body mass
 - D. body weight

- II. Emphasis on metabolism, and a nutritional framework

- III. Activities emphasizing
 - A. warm-up
 - B. aerobic exercise
 - C. muscle toning
 - D. flexibility, and cool-down
 - E. relaxation techniques

- IV. Retesting and evaluation

- V. Participation in an instructor-lead sequence
 - A. general warm-up
 - B. stretching
 - C. aerobic dance
 - D. aerobic cool-down
 - E. muscular toning & strengthening
 - F. relaxation techniques
 - G. cool-down

- VI. **STRESS MANAGEMENT**
 - A. orientation and preliminary physical testing
 - B. definition of self-esteem and stress
 - C. stressors
 - D. stress signs and symptoms
 - E. stress management
 - F. effective communication
 - G. dealing with anger
 - H. setting goals
 - I. mental training
 - J. final physical testing and self evaluation

VII. WEIGHT MANAGEMENT:

- A. fitness testing interpretation
- B. good carbohydrates for weight control
- C. values of proteins
- D. fats and how to decrease their consumption
- E. the "wise consumer" - reading food labels
- F. vitamins and minerals
- G. food balance and selection
- H. calories relate to your metabolism
- I. how to analyze your food intake
- J. computer program analysis
- K. making food selection adjustments
- L. processed food vs fresh food
- M. behavior modification techniques
- N. exercise as part of the weight reduction program
- O. myths about weight control theory
- P. fitness re-testing

VIII. SELF-ESTEEM:

- A. orientation - preliminary physical testing
- B. defining self-esteem
- C. positive personality characteristics
- D. areas of self-esteem:
 - 1. scholastic
 - 2. social
 - 3. physical ability
 - 4. physical appearance
 - 4. job performance
 - 5. romantic appeal
 - 6. personal conduct
 - 7. ability to make friends
- E. Four conditions of self esteem:
 - 1. power
 - 2. connectedness
 - 3. uniqueness
 - 4. modeling
- F. Building a positive self image:
 - 1. Self-image influences
 - a. family
 - b. peers
 - c. society
 - d. religion
 - e. negative affirmations

2. Symptoms of low self-esteem and negative self-image
 - a. anger
 - b. problems with authority
 - c. feeling of guilt
 - d. fear of rejection
 - e. failure and fear of failure
 - f. blaming behavior
 - g. arrogance
 - h. ability to grow and change
 - i. self fulfilling prophecy
 - j. discomfort with self
 - k. easily manipulated/set-up
 - l. co-dependency
 - m. negativism
 - n. victim of past
 - o. self hate
 - p. self doubt

- G. Qualities of high self esteem and good self image
- a. confident
 - b. commitment
 - c. creativity
 - d. flexibility
 - e. self searching
 - f. motivation
 - g. self-nurturing
 - h. positive perspective
 - i. successful results in achieving goals

REQUIRED READING:

Instructor generated handouts on: fitness, Stress Management, Personal Assessments, and Weight Management.

SUGGESTED READING:

Weil, Andrew. Eating Well for Optimum Health: The Essential Guide to Food Diet, and Nutrition. New York: Knopt Alfred Publication, 2000.

Weil, Andrew. 8 Weeks to Optimum Health: A Proven Program For Taking Full Advantage Of Your Body's Natural Healing Power. New York: Knopt Alfred Publication, 2000.

REQUIRED WRITING:

Completion of written exercises from text, development of a personal long-and short-term range (stress management, self-esteem, weight management) goal plan, personal journal writing (minimum of two typewritten double spaced 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

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	40%
Written Projects	20%
Examinations	20%
Personal Assessment	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)

SIGNATURES ON FILE