

Lassen Community College Course Outline

PEAC-32D Fitness Center

1.0 Unit

I. Catalog Description

Instruction in and application of physical fitness principles. Students will engage in a physical conditioning program with an emphasis in body toning, flexibility, weight control, cardiovascular development and muscular strength and endurance using equipment in the fitness center. This course has been approved for online and hybrid delivery for emergency use only.

Recommended Preparation: A physical examination is recommended if student has medical problems or is over the age of 30.

Transfers to UC/CSU

General Education Area: E2

51 Hours Lab

Scheduled:

II. Coding Information

Repeatability: Take 1 Time

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 083500

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

Implement and participate in a lifelong physical fitness program that addresses flexibility, muscular strength and cardiovascular endurance.

B. Course Objectives

Upon completion of this course the student will be able to:

1. Demonstrate knowledge of health-related components of physical fitness
2. Demonstrate understanding of the role of repetitions and sets in weight training programs.
3. Demonstrate ability to perform active static flexibility exercises for major muscle groups.
4. Demonstrate ability to use cardiovascular machines; treadmill, stairmaster, elliptical, recumbent and spinner bicycles.
5. Demonstrate ability to use each individual universal weight station for beginning strength training.
6. Identify personal fitness or physical health weaknesses based on fitness assessments.
7. Follow a personalized fitness plan designed by the instructor to improve fitness or physical health weaknesses.

IV. Course Content

- A. Health-related Components of Physical Fitness
 - 1. Cardiorespiratory endurance
 - 2. Muscular strength/muscular endurance
 - 3. Flexibility
 - 4. Body composition
- B. Introduction to Fitness Center
 - 1. Cardiovascular machines, universal weight machines, free weights
 - 2. Safety within room and during exercise
 - 3. Fitness cards and clock
- C. Fitness Assessments
 - 1. Height & weight, body fat percentage, muscular strength/endurance
 - 2. Flexibility
 - 3. Body dimensions measurements
- D. Exercises
 - 1. Active static stretching, treadmill, stairmaster, bicycles
 - 2. Universal weight machine exercises
- E. Personalized Fitness Plans
 - 1. Evaluate assessment results, identify fitness weaknesses
 - 2. Consider all health components
 - 3. Instructor-designed plan, follow individual plan
 - 4. Follow-up assessments mid and post-semester

V. **Assignments**

A. **Appropriate Readings**

Instructor Handouts

B. **Writing Assignments**

N/A

C. **Expected Outside Assignments**

N/A

D. **Specific Assignments that Demonstrate Critical Thinking**

The student will analyze fitness assessment results and will formulate appropriate fitness goals. The student will demonstrate the appropriate selection and application of exercises for personal fitness goals.

VI. **Methods of Evaluation**

Tradition Classroom Evaluation

To demonstrate knowledge of the health-related components of physical fitness, the instructor will observe the student's daily selection of exercises to improve each fitness component. Competency is demonstrated through each student's ability to perform the exercises necessary to meet the varied needs of the health-related components of physical fitness.

To demonstrate analysis and response to personal fitness weaknesses, the instructor will observe and evaluate each student's decision - making ability in following a semester long, instructor designed individual fitness program. Student competency is demonstrated through the ability to make correct decisions and apply the appropriate exercises for personal improvement during the semester.

Hybrid Evaluation

All quizzes and exams will be administered during the in person class time. Students will be expected to complete on-line assignments and activities equivalent to in class

assignments and activities for the on-line portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

Online Evaluation

A variety of methods will be used, such as: papers, assignments, asynchronous and synchronous (chat/forum) discussions, on-line quizzes and exams, posting to on-line website and email communications.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery

Online Delivery

Traditional Classroom Delivery

1. To explain fitness components and concepts, the instructor will provide lecture, handouts and demonstration. Students will discuss the concepts and apply them to their fitness plans as appropriate whenever possible.
2. For individual exercises, the instructor will demonstrate the proper technique and then provide accompanying supervisions and feedback as students gain mastery of the skill. Students will be shown how to monitor and evaluate their own physical condition and will learn the appropriateness and importance of each individual fitness component.
3. Students will individually do fitness assessments under the supervision and direction of the instructor. Results will be used to establish personal fitness goals and personalized fitness programs, developed by either the student or instructor depending on the enrollment or students level of skill.

Hybrid Delivery

A combination of traditional classroom and on-line instruction will be utilized. Each semester a minimum of 17 hours will be taught face-to face by the instructor and the remaining hours will be instructed on-line through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

Online Delivery

Participation in on-line discussions. On-line exercises/assignments contained on website. Web based video vignettes with discussion paper, email communications, postings to forums, on-line lecture notes and web links will compromise the method of instruction.

VIII. Representative Texts and Supplies

No Texts required.

IX. Discipline/s Assignment

Physical Education

X. Course Status

Current Status: Active

Original Approval Date: 5/15/1990

Revised By: Carrie Nyman

Curriculum/Academic Standards Committee Revision Date: 05/05/2020

Reviewed for IPR with no change: 03/15/2022