

Mt. San Jacinto College
Integrated Course Outline of Record

Form B

Submitted by:	Casey Mazzotta	Date:	06/13/2019
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Department	Subject	Course Number	Title
Physical Education	Physical Education PE	112	Body Conditioning

Units/Hours

- Each lecture unit requires 1 hour per week of class time, and 2 hours per week of study outside of class.
- Each laboratory unit requires 3 hours per week of class time.
- Each activity unit requires 2 hours per week of class time and 1 hour per week of study outside of class.

Lab Units	Total Units
1.00	1.00
Lab Contact Hours	Total Contact Hours
48.00 - 54.00	48.00 - 54.00
Lab Homework Hours	
0	

Stand Alone:

Program Applicable

AA/AS Degree General Ed Breadth Area(s):

E HEALTHFUL LIVING AND SELF-DEVELOPMENT

General Education Justification:

PE 112: Body Conditioning, is consistent with the intent of Area E because the main focus of this course is the study and implementation of a fitness program which will improve student physical fitness levels and provide opportunities for social interaction. This course provides opportunities for self-evaluation of dietary and exercise patterns and aids students in developing a personalized exercise plan that will meet their fitness goals.This course examines the impact of healthy lifestyle behaviors on their health and wellness (GEL01); provides opportunities for self evaluation of dietary and exercise patterns(GEL03) and develop a personalized health and wellness plan that will meet their fitness and dietary goals(GEL04).

Maximum Enrollment:	32
Maximum Enrollment Justification:	Justification:
Grading Method:	Letter Grade or P/NP

TOP code:

0835.10

Can be Taken

1

time(s) for credit (max 4)

- Visual or Performing Arts course that is required to meet major requirements for UC/CSU

- Intercollegiate athletics course

- Academic/vocational competition course

Catalog Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(75 words or less in gray box below).

This course provides a series of activities designed to establish a life-long physical fitness program which includes cardio-respiratory endurance, strength endurance, and flexibility. The types of exercises may include the following: walking, jogging, jumping rope, strength training, stretching, and callisthenic exercises.

Schedule Description:
(Please do not refer to transferability or degree, certificate, or employment concentration applicability. Please only describe the course).
(25 words or less in gray box below).

This course provides activities which will be used to improve aerobic, strength, and flexibility capacities. Valuable information regarding all areas of wellness will be reviewed.

Need for the course:

This course aligns with our program review because we are updating our curriculum to included current teaching methodologies for our field. This course is associated with the A.A PE and AAT Kinesiology. It provided students with the scientific information and practical application of physical training principles to enhance lifelong wellness. Participating in this course prepares students to better prevent the social, cultural, and economic challenges that we experience as people become more and more sedentary

Prerequisite(s):
Prerequisites go through a separate approval process. See Forms E1-E6 for details.
(For further clarification, contact the Prerequisite Subcommittee)

-none-

Corequisite(s):
Corequisites go through a separate approval process. See Forms E1-E6 for details.

-none-

Recommend Preparation:
Recommended Preparation goes through a separate approval process. See Forms E1-E6 for details.

-none-

Other Enrollment Criteria:

-none-

Learning Objectives:
(please number each objective and express in behavioral terms)

Upon the completion of the course the student will be able to do the following:

1. Demonstrate improved strength, muscle endurance, aerobic capacity, body composition and flexibility.
 2. Develop an appreciation of the lifestyle benefits of regular exercise.
 3. Evaluate basic principles of physical fitness.
 4. Analyze common exercise myths and fallacies.
 5. Evaluate self-assessment tests and fitness programs.
 6. Develop a personal fitness program.
 7. Evaluate their personal diet and apply nutritionally sound principles to their eating plan.

Course Content:

(please number the outline of main topics and subtopics)

Lab Content Only

Lab Content:

(please number the outline of main topics and subtopics)

1. Disseminating Information
 1. Nutrition
 2. Weight management
 3. Aerobic and anerobic fitness
 4. Five components of Fitness: strength, muscle endurance, aerobic capacity, body composition and flexibility
 5. Lifestyle benefits of regular exercise
 6. Basic principles of physical fitness
 7. Self-assessment tests and fitness programs
 8. Personal diet and apply nutritionally sound principles to their eating plan.
 9. Exercise myths and fallacies.
 2. Conditoning Exercises
 1. Cardiovascular endurance activities
 1. Exercise Circuits
 2. Aerobic Exercises:
 1. Step aerobics
 2. running
 3. walking
 4. jumping rope
 3. Employ Heart Rate Monitors
 2. Strength activities
 1. Weight lifting
 2. Resistance equipment
 3. Calisthenics
 3. Flexibility
 1. Correct stretching techniques
 2. Static vs. ballistic stretches
 3. Various stretching exercises
 4. Neuromuscular activities to develop agility, coordination, grace and balance
 5. Fitness Assessment
 1. Aerobic
 2. Strength
 3. Flexibility
 4. Body Composition

Methods of Instruction:

Methods of instruction may include, but are not limited to the following:

- **Method:** Class participation
Integration: Students will participate in different types of exercises and training protocols intended to improve aerobic capacity, strength, and flexibility.
- **Method:** Lecture
Integration: Lecture on information which will assist students in developing and maintaining a personalized physical fitness program which includes nutrition and weight management protocols.
- **Method:** Observation and Demonstration
Integration: Exercises will be demonstrated that will help students in developing strength, flexibility, and aerobic fitness plans.
- **Method:** Class Discussion
Integration: Analyzing topics through class discussion will aid the students in determining common myths, facts, fallacies in the fitness and health arenas today.
- **Method:** Homework
Integration: Assignments will assist students in accomplishing their personal fitness, weight management, strength and flexibility goals.

Methods of Evaluation:

A student's grade shall be determined by the instructor using multiple measures of performance related to the course objectives. Methods of evaluation may include but are not limited to the following:

- **Method:** Class Participation
Integration: Aerobic, strength and flexibility exercises will be performed throughout the class period and will be evaluated by fitness assessments (Rockport Mile Run Test, Sit and Reach, BMI, and muscular strength/endurance test).
- **Method:** Written exams
Integration: Information gained through lecture, discussion, and text book assignments will be evaluated through written exam.
- **Method:** Homework
Integration: Students will engage in a personalized fitness program and a nutritional analysis that will be accomplished outside of class time. Students will be evaluated based on a rubric for their personalized fitness program and nutritional analysis.
- **Method:** Fitness Assessments
Integration: Aerobic, strength and body composition will be evaluated throughout the semester of study by a pre and post fitness assessment.

Examples of Assignments:

Students will be expected to understand and critique college level texts or the equivalent. Reading and writing, as well as out of class assignments are required. These assignments may include but are not limited to the following:

Assignment #1 - Nutritional Analysis

Purpose: To get an initial assessment of your current nutrition and identify areas that needs improvement.
Directions: Follow the instructions below. You will need Internet access to complete this lab.

1. Keep records of everything you eat for 3 consecutive days using the "Food Journal" record.
2. Log on to www.supertracker.usda.gov
3. Click "Assess Your Food Intake."
4. If you are accessing this site for the first time, click the link for New Users to set up your personalized login and password. When prompted, enter your age, gender, height, and weight. When you're done, click "Proceed to Food Intake."
5. Enter all of the food items you have eaten today. (It's best to complete this at the end of the day, when you are done with all of your meals.) Enter each food individually by entering the name of the food in the search field, clicking "Search," and then clicking "Add," If you cannot find the exact food you are looking for, select the food that is the most similar. After you have "added" a food, it should pop up on the right side of the screen. Click "Select Quantity" and select a serving size from

the drop-down menu. Enter the number of servings you consumed. Click “Enter Foods” to enter additional foods. Repeat until you have entered all of the foods you consumed today. (Don’t forget to include any snacks and beverages!)

6. Continue recording your food intake for 3 consecutive days.

7. When your list of foods consumed is complete, click “Save and Analyze” or Analyze Your Food Intake.”

8. You will see a screen with several links to analyze data. Click on “Calculate Nutrient Intakes from Foods.” This screen will illustrate how your nutrient intake compares to the “recommended or acceptable range.” Print this page out.

a. Does your intake of any nutrient fall short of the “recommended or acceptable” range? If so, which nutrient(s)?

b. Does your intake of any nutrient exceed the “recommended or acceptable” range? If so, which nutrient(s)?

9. Click “Analyze Your Food Intake” to return to the main screen containing links to analyzed data. This time, click on “MyPyramid Recommendation.” Print this page out.

How does your food intake compare to the MyPyramid recommendations?

FOOD JOURNAL RECORD

Keep a record of everything you eat for 3 consecutive days. Record all foods and beverages you consume, breaking each food item into it component parts (for example, a turkey sandwich would be listed as 2 slices of bread, 3 oz. of turkey, 1 tsp. of mayonnaise, and so on). Complete the first 2 columns of the chart curing the course of the day.

Food groups are:

- Dairy: Milk, yogurt, cheese
- Protein: Meat, poultry, fish, dry beans, eggs, nuts
- Fruits
- Vegetables
- Breads: breads, cereals, rice, pasta

What should you do next? If the results of the assessment indicate that you could boost your level of wellness by improving your diet, set realistic goals for change. Do you need to increase or decrease your consumption of any food groups? List any areas of concern below, along with a goal for change and strategies for achieving the goal you’ve set. If you see that you are falling short in one food group, such as fruits or vegetables, but have many starred items from the fats, oils, and sweets category, you might try decreasing those items in favor of an apple, a bunch of grapes, or some baby carrots. Think carefully about the reasons behind your food choices. For example, if you eat doughnuts for breakfast every morning because you feel rushed, make a list of ways to save time to allow for a healthier breakfast.

Problem: _____

Goal: _____

Strategies for change: _____

Assignment #2 - Setting Goals

CARDORESPIRATORY ENDURANCE

- HERE’S MY GOALS FOR IMPROVING MY TIME ON THE 1 MILE WALK AND VO2%:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

SIT UPS

- HERE’S MY GOALS FOR IMPROVING MY ABDOMINAL STRENGTH:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

FLEXIBILITY

- HERE’S MY GOALS FOR IMPROVING MY FLEXIBILITY:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

BODY COMPOSITION

- HERE’S MY GOALS FOR IMPROVING MY BODY COMPOSITION:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

MEASUREMENTS

- HERE’S MY GOALS FOR REDUCING MY MEASUREMENTS:
- THIS IS HOW I’M GOING TO MEET THOSE GOALS:

Textbooks:

- Bompa, T., O., Buzzichelli, C., A. (2019). *Periodization* Human Kinetics. ISBN: 9781492544807

Other Resources:

Minimum Qualification

- Physical Education (Masters Required)