

PE C102: LIFETIME FITNESS

Item	Value
Top Code	083500 - Physical Education
Units	.5-1 Total Units
Hours	8-81.18 Total Hours (Lecture Hours 2-20.34; Lab Hours 6-60.84)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Individualized program for adults to achieve and maintain physical fitness. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Distinguish four basic principles for improving and maintaining physical fitness.
2. Compare proper techniques for exercising major muscle groups and stretching.
3. Formulate individual fitness programs and goals for lifetime fitness.
4. Write a brief report analyzing his/her progress on the fitness program he/she created.

Course Objectives

Lecture Content

Course Overview Assess individual fitness levels Review procedures for injury prevention and pulse monitoring Fundamentals of strength training Techniques for developing and maintaining muscular endurance through interval and circuit training. Presentation of National Council on Fitness circuit training program Fundamentals of cardiovascular system functioning and relationship of exercise to conditioning Techniques for stretching and fundamentals of flexibility Exercise techniques for safe and proper performance. Assess progress through fitness performances tests Various methods of aerobic conditioning including jogging, running and race walking Techniques for cool down Principles of diet and nutrition Techniques for developing lifetime conditioning programs Advance techniques for strength training Advanced interval training Fitness Assessment and Evaluations

Lab Content

here.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Required Writing, Problem Solving, Skills Demonstration

establish fitness goals measure progress

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Getchell, Bud; Mikesky, Alan E; Mikesky, Kay. Physical Fitness, ed. John Wiley and Sons, 1983 Rationale: - Legacy Textbook Transfer Data: Legacy text

Other Resources

1. Coastline Library