



COURSE OUTLINE : PE 102
D Credit – Degree Applicable
COURSE ID 003012
Cyclical Review: April 2016
Revision: February 2019

COURSE DISCIPLINE : PE
COURSE NUMBER : 102
COURSE TITLE (FULL) : Fitness Lab II
COURSE TITLE (SHORT) : Fitness Lab II

CATALOG DESCRIPTION

PE 102 is an open laboratory physical fitness course designed to enhance the student's cardiovascular fitness level. The course emphasizes the development of positive attitudes and habits with regard to cardiovascular efficiency, body composition, muscular toning, and flexibility. Students are assessed in these areas and an individual fitness profile is established. Fitness activities primarily utilize exercise equipment which is organized into an aerobic super circuit. Additional activities are prescribed in an aerobic machine arena, cross training area, and a flexibility area.

Total Lecture Units:0.00

Total Laboratory Units: 1.00 - 2.00

Total Course Units: 1.00 - 2.00

Total Lecture Hours:0.00 Total

Laboratory Hours: 54.00 - 108.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00 - 108.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform moderate daily physical activities;	Yes
2				read at a basic level;	Yes
3				demonstrate and maintain a positive attitude.	Yes

EXIT STANDARDS

- 1 Evaluate their level of fitness with regard to four major areas of health-related fitness: body composition, cardiovascular efficiency, muscular toning, and flexibility;
- 2 identify areas of personal cardiovascular fitness needing improvement;
- 3 analyze positive lifestyle habits with regard to exercise and its relationship to nutrition, weight control, and stress management;
- 4 create an individual fitness program leading to improved cardiovascular fitness;
- 5 prepare a plan to maintain an acceptable level of cardiovascular fitness.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment
- 2 demonstrate proper use of various cardio equipment
- 3 create performance goals, assess progress and evaluate their wellness program

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Introduction and Orientation to the Wellness and Fitness Center Facility <ul style="list-style-type: none"> • Class overview and expectations • Classroom procedures • Orientation to equipment use • Shower and locker procedures 	0	2	2



2	Medical History and Risk Factor Screening <ul style="list-style-type: none"> • Resting heart rate • Resting blood pressure • Height • Weight • Body composition 	0	2	2
3	Pre-assessment Session <ul style="list-style-type: none"> • Cardio-respiratory step test • 1 minute sit-ups • Trunk rotation • Shoulder rotation • Flexibility with sit and reach 	0	2	2
4	Performance of the Aerobic Circuit System <ul style="list-style-type: none"> • Aerobic Arena • Cross Training • Flexibility 	0	102	102
				108

OUT OF CLASS ASSIGNMENTS

- 1 journaling (e.g. daily work out log);
- 2 pre- and post-tests (e.g. number of consecutive push-ups completed).

METHODS OF EVALUATION

- 1 quizzes;
- 2 examinations based on assessment testing;
- 3 written self-evaluations (e.g. evaluation of fitness improvements between the beginning and end of the semester).



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METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
No textbooks required. Instructor may create handouts and exercise protocols.							