



**COURSE OUTLINE: PE 103**  
**D Credit – Degree Applicable**  
**COURSE ID 010199**  
**Cyclical Review: March 2019**

**COURSE DISCIPLINE :** PE  
**COURSE NUMBER :** 103  
**COURSE TITLE (FULL) :** Fitness Lab III  
**COURSE TITLE (SHORT) :** Fitness Lab III

**CATALOG DESCRIPTION**

PE 103 is a laboratory physical fitness course designed to take the theoretical components of KIN 167 and put them into practical use. The course emphasizes the ability to identify and demonstrate the use of cardiovascular, strength and flexibility equipment. Fitness activities primarily utilize the exercise equipment discussed in KIN 166 and 167. Additional activities are prescribed using aerobic machines and cross training exercises.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

**Total Course Units: 1.00**

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 54.00**

**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 demonstrate proper body mechanics;
- 2 apply proper lifting techniques;
- 3 operate limb-loading and cardio-respiratory equipment;
- 4 recognize appropriate exercises for enhancement of core stability.

**STUDENT LEARNING OUTCOMES**

- 1 demonstrate proper core form during lifting
- 2 identify and explain appropriate exercises based on pre-assessment
- 3 prepare and summarize a personal wellness program

**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Orientation <ul style="list-style-type: none"> <li>• On-line review of classroom procedures and forms</li> <li>• On-line quiz</li> </ul>	0	2	2
2	Introduction to the Wellness and Fitness Center Facility <ul style="list-style-type: none"> <li>• Class overview and expectations</li> <li>• Orientation on the use of equipment</li> <li>• Shower and locker procedures</li> </ul>	0	3	3
3	Pre-assessment Session <ul style="list-style-type: none"> <li>• Cardio-respiratory assessment and determination of aerobic capacity</li> <li>• Musculoskeletal strength/endurance</li> <li>• Flexibility and posture</li> <li>• Body composition, body mass index, circumference assessments</li> </ul>	0	3	3



4	<b>Medical History and Risk Factor Screening</b> <ul style="list-style-type: none"> <li>• Resting heart rate</li> <li>• Resting blood pressure</li> <li>• Height</li> <li>• Weight</li> <li>• Body composition</li> </ul>	0	3	3
5	<b>Aerobic Conditioning</b> <ul style="list-style-type: none"> <li>• Cardio-respiratory</li> </ul>	0	20	20
6	<b>Anaerobic Conditioning</b> <ul style="list-style-type: none"> <li>• Limb conditioning</li> <li>• Resistance</li> <li>• Flexibility</li> <li>• Core training</li> </ul>	0	20	20
7	<b>Post-Assessment</b> <ul style="list-style-type: none"> <li>• Check target goals</li> <li>• Evaluate progress</li> </ul>	0	3	3
				<b>54</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 journaling (e.g. class reflections);
- 2 pre-test (e.g. on-line assessment of assigned reading material);
- 3 post-test (e.g. on-line assessment of material covered in class).

**METHODS OF EVALUATION**

- 1 practical assessment;
- 2 mid-term;
- 3 final examination.



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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
ACSM's Foundations of Strength Training and Conditioning	Required	ippincott Williams & Wilkins		print	American College of Sports Medicine	10:0781782678	2011