

## PE104 : Fitness Lab IV

### General Information

Author:	<ul style="list-style-type: none"><li>Erin Calderone</li></ul>
Course Code (CB01) :	PE104
Course Title (CB02) :	Fitness Lab IV
Department:	PE
Proposal Start:	Spring 2025
TOP Code (CB03) :	(0835.00) Physical Education
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000551379
Curriculum Committee Approval Date:	05/22/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	05/22/2024
Course Description and Course Note:	PE 104 is an open laboratory physical fitness course designed to continue the practice and development of skills and positive attitudes around fitness. Students will build on their knowledge of testing and training methods for a variety of fitness goals, and apply them to support a lifelong physical activity plan. Exercise modalities can include the use of the Lifestyle Fitness Center, Weight Room, and outdoor activities.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Credit</li></ul>
Mode of Delivery:	
Author:	
Course Family:	

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Physical Education</li></ul>
Alternate Discipline:	No value
Alternate Discipline:	No value

## Course Development

### Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

### Course Special Class Status (CB13)

Course is not a special class.

### Pre-Collegiate Level (CB21)

Not applicable.

### Grading Basis

- Grade with Pass / No-Pass Option

### Course Support Course Status (CB26)

Course is not a support course

## General Education and C-ID

### General Education Status (CB25)

Not Applicable

### Transferability

Transferable to both UC and CSU

### Transferability Status

Approved

### CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

### Area

Lifelong Learning and Self-Development

### Status

Approved

### Approval Date

08/25/2014

### Comparable Course

No Comparable Course defined.

## Units and Hours

### Summary

**Minimum Credit Units (CB07)**

1

**Maximum Credit Units (CB06)**

1

**Total Course In-Class (Contact) Hours**

54

**Total Course Out-of-Class Hours**

0

**Total Student Learning Hours**

54

### Credit / Non-Credit Options

#### Course Type (CB04)

Credit - Degree Applicable

#### Noncredit Course Category (CB22)

Credit Course.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Credit Course.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

### Weekly Student Hours

In Class

### Course Student Hours

Out of Class

Course Duration (Weeks)

18

Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	0
Laboratory	54
Studio	0
<b>Total</b>	54

<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Studio	0
<b>Total</b>	0

### Time Commitment Notes for Students

No value

### Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

### Pre-requisites, Co-requisites, Anti-requisites and Advisories

#### Advisory

PE103 - Fitness Lab III (in-development)

#### Objectives

- Assess current fitness level in various health-related and skill-related components of fitness.
- Set personal fitness goals building on prior performance.
- Utilize a variety of resistance training and cardio equipment for exercise.
- Create an individual fitness program leading to improved fitness.

### Entry Standards

Entry Standards

### Course Limitations

Cross Listed or Equivalent Course

## Specifications

### Methods of Instruction

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Laboratory

Methods of Instruction Multimedia

Methods of Instruction Presentations

### Out of Class Assignments

- Journaling (e.g. class reflections)
- Pretest (e.g. on-line assessment of assigned reading material)
- Post-test (e.g. on-line assessment of material covered in class)

### Methods of Evaluation

### Rationale

Presentation (group or individual)

Practical assessment

Exam/Quiz/Test

Mid-term exam

Exam/Quiz/Test

Final exam

Activity (answering journal prompt, group activity)

Written self-evaluations (e.g. evaluation of fitness improvements between the beginning and end of the semester).

### Textbook Rationale

No Value

### Textbooks

Author	Title	Publisher	Date	ISBN
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No Value	No Value	No Value	No Value	No Value
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## Other Instructional Materials (i.e. OER, handouts)

Description	Instructor-generated reading materials.
Author	No value
Citation	No value
Online Resource(s)	

### Materials Fee

No value

## Learning Outcomes and Objectives

### Course Objectives

Assess current fitness level in various health-related and skill-related components of fitness.

Set personal fitness goals building on prior performance and desired lifelong physical activity.

Utilize a variety of resistance training and cardio equipment for exercise.

Relate exercise training benefits to lifelong functional capacity, and other desired formats of physical activity.

Create an individual fitness plan for lifelong physical activity.

### SLOs

**Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;  
*Core* cultivate creativity that leads to innovative ideas.

*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

**Create fitness goals, assess progress and evaluate their fitness program.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;  
*Core* cultivate creativity that leads to innovative ideas.

*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

**Demonstrate and explain the benefits of exercise for maintaining functional capacity and engaging in a variety of physical activity across the lifespan.**

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Core

ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

Lecture Content

Laboratory/Studio Content

**Introduction and Orientation to the Lifestyle Fitness Center and Lab Course (1.5 hours)**

- Overview of expectations
- Procedures
- Review of equipment use
- Shower and locker procedures

**Medical History and Risk Factor Screening (1.5 hours)**

- Resting heart rate
- Resting blood pressure
- Height
- Weight
- Body composition

**Personal Fitness Assessment (3 hours)**

- 1-mile walk pre-test and post-test
- Health-related and skill-related fitness assessments
  - Muscular endurance
  - Balance
  - Flexibility
  - Sport-related fitness components
- Self-reflection on current and prior exercise experiences
- Goal setting

**Performance of Exercise (48 hours)**

- Variety of physical activity formats
- Exercise using the Lifestyle Fitness Center
- Exercise using the Weight Room

- Outdoor exercise
- Training for health-related and skill-related fitness goals
  - Advanced Aerobic Conditioning
  - Advanced Anaerobic Conditioning
  - Resistance
  - Flexibility
  - Core training
  - Balance training
- Progression of exercises
- Application of lifelong exercise to maintain functional capacity
- Benefits of exercise training for sports, dance, and recreation

**Total hours: 54**

## Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

### GCC Major Requirements

Physical Education

### GCC General Education Graduation Requirements

No Value

### Repeatability

Not Repeatable

### Justification (if repeatable was chosen above)

No Value

## Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value