



**COURSE OUTLINE : PE 108**  
**D Credit – Degree Applicable**  
**COURSE ID 003046**  
**Cyclical Review: November 2018**

**COURSE DISCIPLINE :** PE  
**COURSE NUMBER :** 108  
**COURSE TITLE (FULL) :** Group Exercise I  
**COURSE TITLE (SHORT) :** Group Exercise I

**CATALOG DESCRIPTION**

PE 108 offers various modes of moderate-vigorous aerobic exercise set to contemporary music. Course includes instruction on group exercise formats as well as basic physiology, safety protocols and programming of aerobic fitness.

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**

**Total Out-of-Class Hours: 0.00**

Prerequisite: None.



**ENTRY STANDARDS**

	Subject	Number	Title	Description	Include
1				Perform moderate daily physical activities;	Yes
2				demonstrate and maintain a positive attitude in a group environment;	Yes
3				read and understand basic instructions.	Yes

**EXIT STANDARDS**

- 1 Demonstrate understanding of the basic physiological principles of aerobic fitness;
- 2 identify and perform basic aerobic exercises using proper technique;
- 3 calculate target heart rate zones for the purpose of establishing a safe, effective aerobic workout.

**STUDENT LEARNING OUTCOMES**

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 perform basic exercise movements with proper form;
- 3 demonstrate understanding of the physiological benefits of group exercise.

**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Introduction <ul style="list-style-type: none"> <li>• Safety protocols and emergency procedures</li> <li>• Pre-activity readiness questionnaire (PAR-Q) and medical history screening</li> <li>• Contraindications and modifications of exercise for special conditions</li> <li>• Injury prevention</li> <li>• Body alignment</li> <li>• Hydration</li> <li>• Environmental considerations</li> <li>• Proper nutrition pre- and post-workout</li> </ul>	0	6	6



2	<p><b>Aerobic Exercise</b></p> <ul style="list-style-type: none"> <li>• Fitness testing</li> <li>• Goal Setting</li> <li>• Frequency, intensity, time and type</li> <li>• Warm-up and cool-down</li> <li>• Locomotor movements</li> <li>• Steps</li> <li>• Walks</li> <li>• Runs</li> <li>• Jumps</li> <li>• Aerobic dance exercise movements</li> <li>• Arm movements</li> <li>• Timing and rhythm</li> </ul>	0	20	20
3	<p><b>Muscular Fitness</b></p> <ul style="list-style-type: none"> <li>• Fitness testing</li> <li>• Goal setting</li> <li>• Frequency, intensity, time, type and tempo</li> <li>• Warm-up and cool-down</li> <li>• Strength and endurance movements</li> <li>• Core conditioning movements</li> <li>• Balance</li> <li>• Flexibility</li> </ul>	0	24	24
4	<p><b>Physiology of Fitness</b></p> <ul style="list-style-type: none"> <li>• Cardiorespiratory adaptations</li> <li>• Muscular adaptations</li> <li>• Progressing the fitness program</li> </ul>	0	4	4
				<b>54</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 self-evaluation (e.g. written evaluation of fitness improvements through the semester);
- 2 written analysis (e.g. written analysis of the emotional benefits of group exercise).



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**METHODS OF EVALUATION**

- 1 practical examination;
- 2 written midterm examination;
- 3 written final examination;
- 4 presentation (e.g. student-led presentation of a portion of the group exercise class).

**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 Complete Guide to Fitness and Health		Human Kinetics	2		Barbara Bushman		2017