

PE101 : Fitness Lab I

General Information

| | |
|---|---|
| Author: | <ul style="list-style-type: none">Erin Calderone |
| Course Code (CB01) : | PE101 |
| Course Title (CB02) : | Fitness Lab I |
| 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) : | CCC000575745 |
| 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 101 is an open laboratory physical fitness course designed to develop and encourage positive attitudes and habits around fitness. Students will be introduced to testing and training methods for cardiovascular efficiency, body composition, muscular strength and endurance, and flexibility. 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">Credit |
| Mode of Delivery: | |
| Author: | |
| Course Family: | |

Academic Senate Discipline

| | |
|-----------------------|--|
| Primary Discipline: | <ul style="list-style-type: none">Physical Education |
| 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

08/28/2023

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)

1

Maximum Credit Units (CB06)

2

Total Course In-Class (Contact) Hours

54 -
108

Total Course Out-of-Class Hours

0 - 0

Total Student Learning Hours

54 -
108

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.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Variable Credit Course

Weekly Student Hours

In Class

Course Student Hours

Out of Class

Course Duration (Weeks)

18

| | | |
|------------------|-------|---|
| Lecture Hours | 0 | 0 |
| Laboratory Hours | 3 - 6 | 0 |
| Studio Hours | 0 | 0 |

Hours per unit divisor 54

Course In-Class (Contact) Hours

| | |
|--------------|----------|
| Lecture | 0 |
| Laboratory | 54 - 108 |
| Studio | 0 |
| Total | 54 - 108 |

Course Out-of-Class Hours

| | |
|--------------|---|
| Lecture | 0 |
| Laboratory | 0 |
| Studio | 0 |
| Total | 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

No Value

Entry Standards

Entry Standards

Perform moderate daily physical activities.

Use an electronic device to track personal exercise.

Demonstrate and maintain a positive attitude.

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Collaborative Learning

Methods of Instruction Laboratory

Methods of Instruction Multimedia

Methods of Instruction Demonstrations

Methods of Instruction Presentations

Methods of Instruction Discussion

Out of Class Assignments

- Journaling (e.g. daily work out log)
- Pre-test and post-test (e.g. number of consecutive push-ups completed)

Methods of Evaluation

Rationale

Exam/Quiz/Test

Quizzes

Exam/Quiz/Test

Final exam

Writing Assignment

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 |
|--------|-------|-----------|------|------|
|--------|-------|-----------|------|------|

| | | | | |
|----------|----------|----------|----------|----------|
| No Value | No Value | No Value | No Value | No Value |
|----------|----------|----------|----------|----------|

Other Instructional Materials (i.e. OER, handouts)

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

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Assess current level of fitness.

Set personal fitness goals.

Evaluate the effects of physical activity on stress management, nutrition, and weight management.

Create an individual fitness program leading to improved fitness.

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; 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.

Create fitness goals, assess progress and evaluate their wellness 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; 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.

Demonstrate and explain the benefits of regular physical activity.

Expected Outcome Performance: 70.0

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

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

No value

Laboratory/Studio Content

Introduction and Orientation to the Wellness Center and Fitness Lab (1.5-3 hours)

- Overview and expectations
- Procedures
- Orientation to equipment use
- Shower and locker procedures

Medical History and Risk Factor Screening (1.5-3 hours)

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

Personal Fitness Assessment (3-6 hours)

- 1-mile walk pre-test and post-test
- Self-reflection
- Goal setting

Performance of Exercise (48-96 hours)

- Variety of physical activity formats
- Exercise using the Lifestyle Fitness Center
- Exercise using the Weight Room
- Outdoor exercise
- Training for different fitness goals

Total hours: 54-108

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