

## PE102 : Fitness Lab II

### General Information

|   |   |
|---|---|
| Author:                                     | <ul style="list-style-type: none"><li>Erin Calderone</li></ul>  |
| Course Code (CB01) :                        | PE102   |
| Course Title (CB02) :                       | Fitness Lab II  |
| 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) :              | CCC000576230  |
| 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 102 is an open laboratory physical fitness course designed to continue the development of skills and positive attitudes around fitness. Students will build on their knowledge of testing and training methods for cardiovascular efficiency, body composition, muscular strength and endurance, flexibility, and balance. 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

08/28/2023

### 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               |
| <b>Total</b> | <b>54 - 108</b> |

**Course Out-of-Class Hours**

|              |          |
|--------------|----------|
| Lecture      | 0        |
| Laboratory   | 0        |
| Studio       | 0        |
| <b>Total</b> | <b>0</b> |

**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**

PE101 - Fitness Lab I (in-development)

**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.

**Entry Standards**

Entry Standards

**Course Limitations**

Cross Listed or Equivalent Course

## Specifications

### Methods of Instruction

Methods of Instruction                      Demonstrations

Methods of Instruction                      Laboratory

Methods of Instruction                      Multimedia

Methods of Instruction                      Collaborative Learning

Methods of Instruction                      Discussion

Methods of Instruction                      Presentations

### Out of Class Assignments

- Journaling (e.g. daily work out log)
- Pre- and post-tests (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 that build on previous exercise experience.

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 and improved fitness.**

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 and Fitness Center Facility (1.5-3 hours)**

- Class 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
- Health-related fitness assessments
  - Muscular endurance
  - Balance
  - Flexibility
- 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
- Progression of exercise

**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