

PE103 : Fitness Lab III

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	PE103
Course Title (CB02) :	Fitness Lab III
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) :	CCC000551466
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 103 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 health-related and skill-related components of fitness. 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

08/25/2014

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

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

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

Advisory

PE102 - Fitness Lab II (in-development)

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.

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)
- Pre-test (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

Other	Practical assessment
Exam/Quiz/Test	Mid-term
Exam/Quiz/Test	Final examination

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)	No value

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.

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

Create an individual fitness program leading to improved fitness.

SLOs

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

Expected Outcome Performance: 70.0

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

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 regular physical activity and improvements in multiple dimensions of fitness.

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.

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 Lifestyle Fitness Center and Lab Course (1.5 hours)

- Overview and 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

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