

# College of San Mateo Course Outline

- New Course  
 Update/No change  
 Course Revision (Minor)  
 Course Revision (Major)

Date: 2/10/2010

Department: FITN

Number: 195

Course Title: Fitness Lab

Units: .5-1.5

Hours/Week: Lecture:

Lab: 24-72

By Arrangement:

Length of Course

- Semester-long  
 Short course (Number of weeks \_\_\_)  
 Open entry/Open exit

Grading

- Letter  
 Credit/No Credit  
 Grade Option (letter or Credit/No Credit)

1. Prerequisite (Attach Enrollment Limitation Validation Form.)

None

2. Corequisite (Attach Enrollment Limitation Validation Form.)

None

3. Recommended Preparation (Attach Enrollment Validation Form.)

None

4. Catalog Description (Include prerequisites/corequisites/recommended preparation.)

Weight training, flexibility, and aerobic conditioning for students who wish to develop their own program to achieve personal fitness goals. Designed to allow the student flexibility in selecting a training schedule by offering open lab time. Plus one lab hour by arrangement per week. Student will be required to keep a daily exercise log for the semester. Credit/No Credit or letter grade option. Open entry/open exit. Variable units. (CSU)

5. Class Schedule Description (Include prerequisites/corequisites/recommended preparation.)

Weight training, flexibility, and aerobic conditioning for students who wish to develop their own program to achieve personal fitness goals. Designed to allow the student flexibility in selecting a training schedule by offering open lab time. Plus one lab hour by arrangement per week. Student will be required to keep a daily exercise log for the semester. Credit/No Credit or letter grade option. Open entry/open exit. Variable units. (CSU)

6. Student Learning Outcomes (Identify 1-6 expected learner outcomes using active verbs.)

Upon successful completion of the course, the student will be able to:

a. Employ lifting techniques into their exercise program

- b. Incorporate aerobic equipment into their exercise program
  - c. Incorporate flexibility exercises relative to fitness goals
  - d. Organize all exercise modalities in the most effective order based on individual fitness goals
  - e. Provide feedback to instructor to better facilitate exercise effectiveness
  - f. Employ safety procedures
7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. If this is the case, please simply indicate this in this section).*

See attached

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, you may attach a sample course syllabus with a timeline.)

See attached

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Include examples of out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills.)

See attached

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

See attached

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Recommended Text: Delavier, Frederic. Strength Training Anatomy. Human Kinetics, 2001.

Prepared by: \_\_\_\_\_  
(Signature)

Email address: williamsd@smccd.edu

Submission Date: \_\_\_\_\_