

College of San Mateo
Official Course Outline

1. **COURSE ID:** FITN 112.1 **TITLE:** Cross Training I
Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

A beginning level course designed to incorporate strength training and fitness concepts for overall body conditioning using a variety of fitness activities. Class may include Spinning, weight training or resistance exercises, yoga, Pilates, hiking, running, and/or fitness walking. Students will improve fitness levels, increase strength and flexibility, and lose body fat while participating in a variety of fitness activities.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Improve in one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at a beginning level.
2. Demonstrate knowledge of various exercises at a beginning level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Demonstrate increased cardiovascular fitness at a beginning level
2. Demonstrate increased muscular strength at a beginning level
3. Demonstrate improved flexibility at a beginning level
4. Demonstrate a beginning level understanding of exercise and its role in reducing the risk of cardiovascular diseases
5. Demonstrate a beginning level understanding of the value of cross training in a healthy lifestyle
6. Demonstrate an understanding of one's own health and wellness at a beginning level

6. **COURSE CONTENT:**

Lab Content:

At a beginning level:

1. Fitness-based Activities
 - A. Spinning
 - B. Running
 - C. Fitness Walking
 - D. Hiking
 - E. Circuit Training
 - F. Aerobic Dance
2. Strength Training Activities
 - A. Weight Training
 - B. Resistance Work
 - C. Pilates
3. Flexibility and Miscellaneous Activities
 - A. Yoga
 - B. Static Stretching
 - C. Tae Bo
 - D. High Energy Games and Sports- Soccer, Speedball, Etc.
4. Fitness Assessment
 - A. Pre- and Post-Fitness Test

- B. Self-Assessment
- 5. General Fitness and Wellness Principles

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Activity
- C. Discussion
- D. Individualized Instruction
- E. Observation and Demonstration
- F. Other (Specify): Lectures on beginning level general fitness principles as they pertain to wellness. Lectures and discussions on risk factors of cardiovascular diseases at a beginning level. Demonstrations of beginning level fitness, strength, and flexibility activities. Fitness assessments (beginning and end of semester for progress) a. Cardiovascular assessment b. Strength assessment c. Flexibility assessment

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

At a beginning level:

2-5 page self-assessment and fitness plan including class goals

Comprehensive written final examination on fitness and wellness topics including risk factors for cardiovascular disease

Reading Assignments:

5-10 pages of instructor-generated handouts to supplement instruction and the text

Other Outside Assignments:

Students are encouraged to engage in weight training / cardiovascular exercise at least once per week outside of class.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Written examination
- F. At a beginning level: Assessment of student fitness plan and student self-assessment; technique evaluation in daily fitness activities; evaluation of progress towards class goals; evaluation of comprehensive written final examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Delavier, Frederic; Gundill, Michael. *The Strength Training Anatomy Workout*, 3rd ed. Champaign, Ill: Human Kinetics, 2011

Other:

- A. Instructor-generated handouts

Origination Date: February 2017
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Course Originator: Andreas Wolf