

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** FITN 112.4 **TITLE:** Cross Training IV
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:
 An expert level course designed to incorporate strength training and fitness concepts for overall body conditioning using a variety of fitness activities. 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 an expert level.
 2. Demonstrate knowledge of various exercises at an expert level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
At an expert level:
 1. Demonstrate increased cardiovascular fitness at an expert level
 2. Demonstrate increased muscular strength at an expert level
 3. Demonstrate improved flexibility at an expert level
 4. Demonstrate an expert level understanding of exercise and its role in reducing the risk of cardiovascular diseases
 5. Demonstrate an expert level understanding of the value of cross training in a healthy lifestyle
 6. Demonstrate an understanding of one's own health and wellness at an expert level

6. **COURSE CONTENT:**
Lab Content:
 At an expert 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 expert level general fitness principles as they pertain to wellness. Lectures and discussions on risk factors of cardiovascular diseases at an expert level. Demonstrations of expert 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 an expert 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 an expert 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

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Course Originator: Andreas Wolf