

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** FITN 235.1 **TITLE:** Boot Camp I
Units: 0.5 -1.0 units **Hours/Semester:** 24.0-27.0 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 group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training at a beginning level. Modern fitness techniques such as plyometrics and agility and strength training exercises will be incorporated.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Improve 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:
At a beginning level:
 1. Perform various anaerobic, aerobic, agility, flexibility and multi-functional exercises.
 2. Demonstrate the ability to create an individualized, comprehensive exercise routine.
 3. Understand basic kinesiology and exercise concepts.
 4. Critically evaluate and objectively discuss the concepts and the importance of cross-training as an exercise regimen.

6. **COURSE CONTENT:**
Lab Content:
At a beginning level:
 - I. Introduction
 - a. Review of appropriate and safe use of all equipment and exercises
 - b. Review and demonstration of techniques of all exercises, apparatus, and free mode exercises.
 - c. Review of benefits, history, contra-indications, and kinesiological principles of exercise.
 - II. Aerobic Exercises
 - a. Running
 - b. Step-ups
 - c. Jump rope
 - d. Rowing
 - III. Anaerobic Exercises
 - a. Dumb-bell lifts
 - b. Sit-ups
 - c. Push-ups
 - d. Sprints
 - e. Medicine ball drills
 - f. Plyometric exercises
 - IV. Flexibility Exercises
 - a. Multi-joint stretches
 - b. Single-joint stretches
 - c. Dynamic stretching

- d. Static stretching
- e. Progressive stretching
- V. Concepts of training
 - a. Aerobic
 - b. Anaerobic
 - c. Muscle strength development
 - d. Muscle endurance
 - e. Flexibility
 - f. Body Composition
 - g. Injury prevention
- VI. Concepts of Kinesiology
 - a. Muscle action
 - b. Neuromuscular function
 - c. Physiological adaptation

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Discussion
- E. Individualized Instruction
- F. Observation and Demonstration
- G. Other (Specify): Lectures and demonstrations of proper body mechanics, techniques and evaluation of exertion levels. Information pertaining to rudimentary, beginning levels of exercise prescription and output including nutrition and weight management philosophies.

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Final written examination on the basic functional physiological principles of exercise, nutrition, and weight management.

Reading Assignments:

Instructor generated hand-outs will be provided as supplemental material.

Other Outside Assignments:

Students are encouraged to engage in outside activity to supplement in-class activity.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Lab Activities
- F. Written examination
- G. Evaluation of beginning level strength and cardiovascular development assessed through a pre and post-test. Completion of a pre and post general fitness test.

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated handouts to supplement instruction.

Origination Date: January 2017
Curriculum Committee Approval Date: February 2017
Effective Term: Fall 2017
Course Originator: Andreas Wolf

