

**College of San Mateo  
Official Course Outline**

1. **COURSE ID:** FITN 235.2    **TITLE:** Boot Camp II  
**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 group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training at an intermediate 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 in one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an intermediate level.
  2. Demonstrate knowledge of various exercises at an intermediate level.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:  
**At an intermediate 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 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 an intermediate level:**
  - I. Introduction
    - a. Review safety and appropriate use of all equipment and exercises.
    - b. Review and demonstration of techniques of all exercises, apparatus and free mode exercises.
    - c. Review 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. Crunches
    - 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 stretches

- d. Static stretches
- e. Progressive stretches
- V. Concepts of training
  - a. Aerobic vs. anaerobic
  - b. Muscular strength vs. muscular endurance
  - c. Flexibility
  - d. Body composition and BMI
  - e. Injury prevention
- VI. Concepts of Kinesiology
  - a. Muscle action
  - b. Basic anatomy
  - c. Neuromuscular function
  - d. 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): Lecture and demonstration of proper body mechanics, techniques, and evaluation of various exertion levels (target heart rate). Information pertaining to intermediate 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 physiological principles applied and discussed through lecture and materials.

**Reading Assignments:**

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

**Other Outside Assignments:**

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

**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 intermediate 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.

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