

College of San Mateo
Official Course Outline

1. **COURSE ID:** FITN 116.1 **TITLE:** Body Conditioning I
Units: 0.5 or 1.0 units **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours
Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

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:

Instruction and personal fitness program development on a beginning level. Emphasis on various stretching and flexibility methods, the design of individual strength programs, and latest information of scientific application to developing aerobic fitness and wellness at a beginning level.

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. Create a beginning level balanced program of flexibility, muscular endurance and cardio-respiratory fitness.
2. Self test limits for exercises that build muscular endurance at a beginning level.
3. Demonstrate, at a beginning level, utilization of various strength development techniques both with and without equipment.
4. Understand and demonstrate varied methods for increasing cardio-respiratory fitness at a beginning level.
5. Demonstrate beginning level ability to complete instructor designed and guided programs.

6. **COURSE CONTENT:**

Lab Content:

At a beginning level:

1. Warm Up and Preventive Maintenance Exercises
2. Systems for Core Strengthening
3. Circuit Training of Exercises and Weight Lifting
4. Plyometric Training
5. Lectures on Fitness Concepts, Nutrition, Weight Management

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Directed Study
- C. Activity
- D. Individualized Instruction
- E. Observation and Demonstration
- F. Other (Specify): Lectures and demonstration of correct body alignment for exercises, lifts, and cardiovascular techniques. Guided routines for developing core strength, muscular endurance and cardiovascular endurance at a beginning level. Information on latest scientific methodology related to nutrition, weight management, muscle strengthening and cardio-respiratory fitness. Student-instructor co-generated beginning level routines utilizing calisthenics, plyometrics and weight training.

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

Quizzes, weekly exercise journals

Reading Assignments:

Students may be expected to read 5-10 pages of handouts.

Other Outside Assignments:

Students are encouraged to engage in weight training / cardiovascular exercise at least once per week outside of class. A pre and post fitness assessment will be required. Students will be required to submit their exercise journal on a weekly basis (DE only)

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. Portfolios

G. Quizzes

H. Written examination

I. Evaluation of beginning level progressive skill development and participation in class. Assessment of increased strength, muscular endurance and cardiovascular endurance based on instructor / college-generated beginning level norms. Evaluation of written exam on the benefits of exercise, muscle anatomy / physiology, nutrition and weight management, and general fitness principles. Completion of pre and post fitness testing.

10. REPRESENTATIVE TEXT(S):

Other:

A. Instructor-generated handouts

Origination Date: October 2023
Curriculum Committee Approval Date: November 2023
Effective Term: Fall 2024
Course Originator: Mikel Schmidt