

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** FITN 116.3    **TITLE:** Body Conditioning III  
**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 an advanced 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 an advanced 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 an advanced level.
  2. Demonstrate knowledge of various exercises at an advanced level.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:
  1. Create an advanced level balanced program of flexibility, muscular endurance and cardio-respiratory fitness.
  2. Self test limits for exercises that build muscular endurance at an advanced level.
  3. Demonstrate, at an advanced level, utilization of various strength development techniques both with and without equipment.
  4. Understand and demonstrate varied methods for increasing cardio-respiratory fitness at an advanced level.
  5. Demonstrate advanced level ability to complete instructor designed and guided programs.
  
6. **COURSE CONTENT:**  
**Lab Content:**  
    At an advanced 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. Activity
  - C. Discussion
  - D. Individualized Instruction
  - E. Observation and Demonstration
  - F. Other (Specify): Lectures and demonstration of correct body alignment for exercises, lifts, and cardiovascular techniques. In-class guided routines for developing core strength, muscular endurance and cardiovascular endurance at an advanced level. Lectures, at an advanced level, on latest scientific methodology related to nutrition, weight management, muscle strengthening and cardio-respiratory fitness. Student-instructor co-generated advanced 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:**

Final written examination using critical thinking to apply reading assignments and lecture information.

### **Reading Assignments:**

Students may be expected to read 5-10 pages of 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. Evaluation of advanced level progressive skill development and participation in class. Assessment of increased strength, muscular endurance and cardiovascular endurance based on instructor / college-generated advanced level norms. Evaluation of written exam on the benefits of exercise, muscle anatomy / physiology, nutrition and weight management, and general fitness principles. Completion of both sessions of division-administered 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