College of San Mateo
Official Course Outline

1. **COURSE ID:** FITN 134 **TITLE:** Track and Trail Aerobics
   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:
   Designed to increase the student's personal fitness through a comprehensive stretching, jogging and/or walking program. Instruction includes proper stretching techniques, proper training principles, correct walking/jogging techniques, and heart rate monitoring to assist the student in developing a realistic cardiovascular program. Upon completion of the course, the student will be able to successfully design and implement a stretching and cardiovascular training program.

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
   2. Demonstrate knowledge of various exercises

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
   Upon successful completion of this course, a student will be able to:
   1. Employ walking techniques into a personal exercise program;
   2. Incorporate various aerobic exercises into a personal exercise program;
   3. Incorporate flexibility exercises relative to personal fitness goals;
   4. Organize all exercise modalities in the most effective order based on individual fitness goals;
   5. Provide feedback to instructor to better facilitate exercise effectiveness;
   6. Employ safety procedures while engaging in aerobic exercise.

6. **COURSE CONTENT:**
   Lab Content:
   1. Introduction
      A. Review of safety as it applies to walking and aerobic exercise
      B. Review and demonstration of techniques of all aspects of walking
      C. Review walking precautions
   2. Aerobic Exercises
      A. Interval Training
      B. Long Fat Burner
      C. Target Heart Rate (THR) Workouts
      D. Aerobic/Anaerobic Combo
      E. Cool Down
   3. Anaerobic Exercises
      A. Climbing
      B. Reaching Target Heart Rate High End
      C. Speed ascents
   4. Flexibility Exercises
      A. Multi joint stretches
      B. Single joint stretches
      C. Dynamic stretching
      D. Static stretching

E. Progressive stretch
5. Concepts of Cross Training
   A. Aerobic
   B. Anaerobic
   C. Muscle strength
   D. Muscle endurance
   E. Flexibility
   F. Body composition
   G. Injury prevention
6. Concepts of Kinesiology
   A. Muscle action
   B. Neuromuscular function
   C. Physiological adaptation

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**
Typical methods of instruction may include:
   A. Other (Specify): 1. Required reading provided by instructor on various walking topics; 2. Lectures on walking techniques, safety, biomechanics; 3. Handout material to support course content and provide extra study; 4. Required reading of trail/area maps before scheduled walking.

8. **REPRESENTATIVE ASSIGNMENTS**
Representative assignments in this course may include, but are not limited to the following:
Writing Assignments:
Weekly student exercise logs.
Reading Assignments:
Students will be required to read various articles on exercise concepts, principles, and designing an individualized exercise program. Students will be quizzed on these readings.
Other Outside Assignments:
The exercise articles, students exercise logs, and my written instructions defines how to build an individualized exercise program based on goals, target heart rates, in climate weather, and other factors (injuries, age, limitations).
Students will also perform self-fitness assessments (BMI measurements, height/weight), Resting Heart Rates, Exercising Heart Rates, Rating of Perceived Exertion (RPE), and Flexibility at the beginning, the mid-term, and end of the semester. In addition, students will be required to turn in a weekly exercise log, and take quizzes periodically throughout the semester.

9. **REPRESENTATIVE METHODS OF EVALUATION**
Representative methods of evaluation may include:
   A. 1. Reading assignments: Instructor will assign readings from handouts for discussion; 2. Students will be quizzed on age appropriate target heart rates during class walking; 3. Students will be quizzed on proper terminology, techniques and safety.

10. **REPRESENTATIVE TEXT(S):**
Possible textbooks include:
   A. Robert Seeger. *Walking: Success Per Step*, 1st ed. Champagne: Human Kinetics, 2015
Other:
   A. All instructions are provided via PDF downloadable files for all self-fitness assessments.

Origination Date: October 2023
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Effective Term: Fall 2024
Course Originator: Mikel Schmidt