

*Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 32-36; Outside-of-Class Hours: 0;
Total Student Learning Hours: 80-90*

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 019A – Beginning Physical Fitness

1 hour lecture, 1 unit
2 hours laboratory, 0.5 units
Total units: 1.5 units

Catalog Description

Introduction to the fundamentals of physical fitness and wellness. Emphasis on developing cardiovascular endurance, muscular strength and endurance, flexibility, and healthy body composition. Students will explore principles of exercise science, nutrition, and lifestyle choices to support lifelong health and well-being.

Prerequisite

None

Course Content

- 1) Components of health-related physical fitness
 - a. Cardiovascular endurance
 - b. Muscular strength
 - c. Muscular endurance
 - d. Flexibility
 - e. Body composition
- 2) Components of skill-related fitness
 - a. Agility
 - b. Coordination
 - c. Power
 - d. Balance
 - e. Speed
- 3) Principles of Training
 - a. Individuality
 - b. Specificity
 - c. Progression
 - d. Overload
 - e. Adaptation
 - f. Recovery
 - g. Reversibility
- 4) Proper nutrition and dietary planning for wellness
- 5) Development of individualized conditioning programs

Course Objectives

Students will be able to:

- 1) Describe how principles learned in class may be applied to improve the five basic parameters of fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition).
- 2) Define personal physical fitness and nutrition goals.
- 3) Develop and participate in an exercise plan that promotes physical fitness.

- 4) Examine nutritional facts and labels and correctly identify the nutritional content of foods.
- 5) Evaluate their current diet to determine appropriate nutritional content to meet personal needs/goals.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe, and/or provide examples of exercises and nutritional principles for physical fitness.
- 2) Goal setting behavior change assignment that measures students' ability to identify the risks of unhealthy habits (smoking, poor diet, lack of exercise, etc.) and develop personal goals for modifying personal behavior to improve personal health and wellness.
- 3) Daily food log assignment in which students record their daily personal diets and compare their nutritional intake to daily recommended guidelines.
- 4) Objective evaluation of proper form and technique in the execution of various exercise modalities.

Special Materials Required of Student

Exercise attire, supportive shoes, towel, water

Minimum Instructional Facilities

Fitness area, gym space, mats, stopwatch, modern audio equipment

Method of Instruction

- 1) Lecture and demonstration
- 2) Individual and group workouts
- 3) Videos

Out-of-Class Assignments

- 1) **Reading:** review course materials, digital references, and other multimedia.
- 2) **Writing:** personal goals, nutritional analysis, fitness log, and more.
- 3) **Other:** N/A.

Texts and References

- 1) Required (representative example): Hoeger, *Lifetime Physical Fitness and Wellness: A Personalized Program*. 16th edition. Cengage, 2021.
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Identify and describe health- and skill-related components of fitness, and demonstrate understanding of training principles such as progression, overload, adaptation, and recovery.
- 2) Create an individualized progressive conditioning program based on personal goals.
- 3) Interpret food labels, evaluate personal dietary intake, and apply evidence-based nutrition strategies to support health and fitness goals.
- 4) Use goal setting, fitness assessments, and behavior tracking to monitor progress and make adjustments that promote lifelong wellness.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Explain and apply the principles of physical fitness and training, including health- and skill-related components, exercise physiology, and methods of progression, overload, and recovery.

- 2) Design and participate in a personalized fitness program that incorporates health- and skill-related fitness training.
- 3) Analyze and apply nutrition concepts by interpreting food labels, evaluating dietary intake, and developing strategies that support health, fitness, and wellness goals.
- 4) Assess and reflect on personal fitness and lifestyle behaviors through goal setting, fitness testing, and behavior change strategies to promote lifelong wellness.