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 019B – Intermediate Physical Fitness

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

Catalog Description
Intermediate-level instruction in physical fitness and wellness with an emphasis on applying training principles to improve cardiovascular endurance, muscular fitness, flexibility, body composition, and skill-related components. Students will refine personal fitness goals, design and implement structured exercise programs using the F.I.T.T. principle and progressive overload, and analyze nutrition strategies to support performance, recovery, and lifelong health.

Prerequisite
None

Recommended Preparation
”C” grade or higher or “Pass” in ES 019A or equivalent

Entrance Skills
Without the following skills, competencies and/or knowledge, students entering this course will be highly unlikely to succeed:
1) Score 70% or better on a written exam concerning the structure and function of the human body in relation to the performance of various types of physical activity.
2) Outline a progressive conditioning program designed specifically for them and list goals this program addresses.
3) Document activities performed using an exercise log and explain in writing the benefits of keeping an exercise record.
4) Demonstrate improvement in one aspect of health-related fitness (CV health, body composition, flexibility, muscular strength, and muscular endurance) on pre-post fitness assessment.
5) Analyze different "diets" based on recommendations in the U.S. Department of Health and Human Service Food Pyramid.

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 via intermediate drills and sport-related applications
   b. Coordination using complex movement patterns and multi-planar training
   c. Power using Olympic-style lifts and plyometric training progressions
   d. Balance training via dynamic and unstable surfaces
   e. Speed training with sprint intervals, resisted and assisted sprinting

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 and performance
5) Refinement of individualized conditioning programs and F.I.T.T. Principle

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) at an intermediate level.
2) Refine personal physical fitness and nutrition goals using assessment-based strategies.
3) Develop a personal training plan to include progressive overload and frequency, intensity, time, and type of exercise.
4) Interpret nutritional information, evaluate dietary intake, and adjust diet plans to support performance, recovery, and wellness.

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 the 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) Apply health- and skill-related fitness principles, including progressive overload, adaptation, and recovery, and the F.I.T.T. principle to intermediate-level training.
2) Define and refine personal fitness and nutrition goals using results from intermediate-level assessments.
3) Demonstrate understanding of the relationship of fatigue, relaxation, rest, sleep, and diet.
4) Interpret nutritional information, analyze dietary intake, and make adjustments that support performance, recovery, and overall wellness.

Student Learning Outcomes

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

1) Apply principles of physical fitness and training at an intermediate level, including the F.I.T.T. principle, progressive overload, adaptation, and recovery.
2) Design and participate in an individualized intermediate exercise program that incorporates health- and skill-related fitness components.
3) Interpret and analyze nutritional information to evaluate dietary intake and apply strategies that support performance, recovery, and long-term wellness.
4) Assess personal fitness through intermediate-level testing, goal setting, and behavior tracking, and use results to refine exercise and nutrition plans.