

Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 16-18; Outside-of-Class Hours: 0;
Total Student Learning Hours: 64-72

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 024A – Beginning Fitness Boot Camp

1 hour lecture, 1 unit
1 hour laboratory, 0 units
Total units: 1 unit

Catalog Description

This course presents a fast-paced, regimented style exercise program designed at a beginning level that works the entire body through the use of calisthenics, running, body resistance training and agility drills designed to promote physical fitness and weight control. Using a variety of basic activities, emphasis will be placed on self-discipline, intensity, and goal-oriented basic exercise programming. The course will utilize numerous training modalities including cross-training, basic boxing, plyometrics, speed and agility, core stability, flexibility training as well as cardiovascular endurance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Prerequisite

None

Course Content

- 1) A structured discussion/lab format to include:
 - a. A variety of basic exercise modalities designed to improve fitness to a novice level.
 1. Beginning level intensity in aerobic and interval training, calisthenics, plyometrics.
 2. Basic resistance training exercises and intensity (body weight, tubing).
 - b. Training methods to increase flexibility (dynamic and static).
 - c. Measurement of pre and post training data and their relationship to physiological parameters of conditioning.
 - d. Psychological implications of training and maintaining health.
 1. Goal setting
 2. Methods of exercise adherence.
 3. Barriers/strategies and solutions.

Course Objectives

Students will be able to:

- 1) Utilize a variety of basic exercise modalities to achieve a foundation of muscle strength, muscle endurance, cardiovascular endurance and flexibility.
- 2) Implement fitness training principles to a structured beginning level exercise schedule.
- 3) Evaluate and practice attitudes concerning the positive relationship between lifelong physical fitness and total body health and maintenance.
- 4) Apply scientific perspective to the conditions and limitations of his/her own body through training and risk factor analysis.
- 5) Analyze and evaluate exercise performance levels through on-going physiologic parameters: resting heart rate, exercise heart rate, body composition changes.

Method of Evaluation

- 1) Class participation
- 2) Written final exam
- 3) Practical evaluation of physiological changes at a beginning level
- 4) Evaluation of outside assignments

Special Materials Required of Student

- 1) Water bottle
- 2) Appropriate exercise clothing and footwear
- 3) Towel

Minimum Instructional Facilities

- 1) Studio or fitness center
- 2) Track and athletic field

Method of Instruction

- 1) Demonstration
- 2) Lecture
- 3) Participation and practice of prescribed modalities of exercise
- 4) Fitness assessment
- 5) Instructor-led exercises and individual consultation

Out-of-Class Assignments

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** fitness log, and more.
- 3) **Other:** at least one additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness (using video technologies).

Texts and References

- 1) Required (representative example): Kenney, W. L., Wilmore, J. H., & Costill, D. L. (2024). Physiology of Sport and Exercise (9th ed.). Human Kinetics.
- 2) Supplemental: None

Exit Skills

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

- 1) An understanding of the basic exercise modalities to achieve a foundation of muscle strength, muscle endurance, cardiovascular endurance and flexibility at a beginning level
- 2) Ability to implement fitness training principles to a structured beginning level exercise schedule.

Student Learning Outcomes

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

- 1) Design and implement a structured beginning-level exercise program that applies basic fitness training principles.
- 2) Evaluate personal fitness progress by measuring and interpreting basic physiological indicators such as heart rate, endurance, or body composition at the beginning level.