

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 024C – Advanced 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 an advanced 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

Recommended Preparation

ES 024B Intermediate Fitness Boot Camp

Entrance Skills

- 1) Knowledge of basic exercise modalities at the intermediate level
- 2) Knowledge of fitness training principles at the intermediate level

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. Advanced 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 advanced 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 an advanced 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 an advanced level.
- 2) Ability to implement fitness training principles to a structured advanced level exercise schedule.

Student Learning Outcomes

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

- 1) Design and implement an advanced-level fitness program that applies periodization, specialized training methods, and advanced principles of exercise programming.
- 2) Analyze and evaluate personal fitness outcomes using advanced physiological indicators such as heart rate recovery, training intensity, endurance performance, and body composition trends.