

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 019A – BEGINNING PHYSICAL FITNESS**

1 hour lecture, 2 hours laboratory, 1.5 units

**Catalog Description**

Instruction in physical conditioning, nutrition and weight control.

**Prerequisite**

None

**Course Content**

- 1) Components of Physical Fitness
  - a. Cardiovascular endurance
  - b. Strength
  - c. Flexibility
  - d. Agility
  - e. Coordination
  - f. Power
  - g. Balance
  - h. Speed
- 2) Proper nutrition
- 3) Weight control
- 4) Physiology of exercise
- 5) Conditioning programs
  - a. Stretching
  - b. Strength conditioning
  - c. Strength training

**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, muscle strength, muscle 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 principals for physical fitness and weight control.

- 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 allowances.
- 4) Objective evaluation of proper form and technique in the execution of various exercise modalities.

**Special Materials Required of Student**

Standard exercise attire, tennis and running shoes, towel

**Minimum Instructional Facilities**

Mats, stopwatch, tape recorder, tapes, radio

**Method of Instruction**

- 1) Lecture and demonstration
- 2) Individual, group workouts
- 3) Films

**Out-of-Class Assignments**

- 1) Assigned reading
- 2) Multimedia
- 3) Goals paper
- 4) Article review
- 5) Nutritional analysis

**Texts and References**

- 1) Required (representative example): Hoeger, *Lifetime Physical Fitness and Wellness: A Personalized Program*. 12th edition. Cengage, 2013.
- 2) Supplemental: None

**Exit Skills**

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

- 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 activities.
- 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 Services Food Pyramid.

**Student Learning Outcomes**

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

- 1) Define cardiovascular fitness, muscle conditioning, and flexibility terms.
- 2) Describe methods of monitoring cardiovascular, strength, and flexibility fitness, as well as nutritional status.
- 3) Identify specific muscles of the body, including core, upper, and lower limbs.
- 4) Demonstrate skills appropriate for recreation and fitness-enhancing participation in physical fitness activities throughout the lifespan.