

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 019B – INTERMEDIATE PHYSICAL FITNESS

1 hour lecture, 2 hours laboratory, 1.5 units

Catalog Description

Further emphasis on individual physical conditioning, nutrition and weight control.

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 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 programs
 - a. Stretching
 - b. Aerobics
 - c. Strength-training
- 5) Methods of self-evaluation

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 personal exercise prescription to include frequency, intensity, time, and type of exercise.
- 4) Utilize a personal food log to conduct nutritional analysis of their diet.

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 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 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

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

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 knowledge of the human organism, its capabilities and limitations in relation to a physical activity.
- 2) Apply intensity, duration and frequency of exercise guidelines in planning a fitness program and explain in writing how to vary these for desired results.
- 3) Apply the principle of progressive overload in planning a fitness program.
- 4) Demonstrate understanding of the relationship of fatigue, relaxation, rest, sleep, diet and aging to physical activity by creating a "lifelong fitness diary" in which these factors are addressed.

- 5) Demonstrate improvement in two aspects of health-related fitness (CV health, body composition, flexibility, muscular strength, and muscular endurance) on pre-post fitness assessment.
- 6) Analyze different "diets" in terms of the amounts of carbohydrate, fat and protein as compared to recommended daily allowances.

Student Learning Outcomes

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

- 1) Define cardiovascular and muscle conditioning terms.
- 2) Describe methods of monitoring cardiovascular and strength fitness.
- 3) Identify specific muscles of the body, including core, upper, and lower limbs.
- 4) Demonstrate skills appropriate for recreation and fitness-enhancing participation in activities that promote physical fitness at the intermediate level.