

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

**EXERCISE SCIENCE 024A – BEGINNING FITNESS BOOT CAMP**

1 hour lecture, 1 hour laboratory, 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) Inclusion of at least one additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness (using video technologies)
- 2) Outside class assignments

**Texts and References**

- 1) Required (representative example): None
- 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) Demonstrate knowledge, skills and appreciation of fitness boot camp at a beginning level.
- 2) Identify the basic principles for maintaining an active and healthy life.