

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

**EXERCISE SCIENCE 024C - ADVANCED 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 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) 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 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) Demonstrate knowledge, skills and appreciation of fitness boot camp at an advanced level.
- 2) Identify the basic principles for maintaining an active and healthy life.