

# PE C101: PERSONAL FITNESS AND WELLNESS

Item	Value
Curriculum Committee Approval Date	03/22/2024
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	18 Total Hours (Lecture Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

This course covers the principles of fitness, the benefits of physical activity, and the skills to develop an individualized program of exercise, fitness, stress control, and body weight management for maintaining a healthy lifestyle. Enrollment Limitation: KIN C101; students who complete PE C101 may not enroll in or receive credit for KIN C101. Transfer Credit: CSU; UC.

## Course Level Student Learning Outcome(s)

1. Define the principles of physical fitness and explain the physiological benefits of movement, physical activity and wellness.
2. Demonstrate accepted research techniques in supporting or critiquing opinions and ideas in articles on fitness/wellness.
3. Demonstrate critical thinking skills by assessing correct health/fitness behaviors and habits to develop a personalized and comprehensive fitness and wellness program.

## Course Objectives

- 1. Identify samples of correct health/fitness behaviors and habits.
- 2. Assess a person's level of fitness and nutrition and identify appropriate recommendations for a healthy lifestyle.
- 3. Apply appropriate assessment tools and fitness techniques.

## Lecture Content

Adding Physical Activity To Your Life Transtheoretical Model of Change  
Introduction To Fitness And Wellness Physical Activity Guidelines  
Chronic Disease and Prevention Cardiorespiratory Endurance Heart Rate  
Training Methods Flexibility Stretching Body Composition Tools for  
Measuring Body Composition Nutrition Muscle Strength and Endurance

Types of Muscle Sprains, Strains, and Tears Stress Management Techniques

## Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)

## Instructional Techniques

The information delivery method includes lecture, discussion, question-and-answer sessions, small-group problem solving and/or case-study reviews based on real-life situations. Instruction will be supplemented, where appropriate, by PowerPoint presentations, use of Internet technology, guest lectures, activities, and field trips.

## Reading Assignments

Read textbook and do library and outside reading assignments, evaluate articles and news in the field and prepare for discussions and responses to materials presented by other students. Practice exams may be provided on key terms and concepts.

## Writing Assignments

Students will complete essays or research reports that require them to analyze, interpret, evaluate, and synthesize primary and/or secondary health data and draw appropriate conclusions and to present their conclusions in a well-organized and clearly written format.

## Out-of-class Assignments

Reading and written assignments; research assignments; preparation of content to share with the class and responses to content presented; analysis of case studies and/or review of expert interviews; responses to guiding questions on course content; and/or self-assessments.

## Demonstration of Critical Thinking

Application of data from self-assessments and/or information from classmates to evaluate lifestyle habits and make behavior changes for better health.

## Required Writing, Problem Solving, Skills Demonstration

Demonstrate knowledge of proper techniques for weight training, circuit training and interval training Caloric intake vs. energy expenditure, body mass calculations, target heart rate and aerobic capacity calculations, nutritional value of foods. Use of assessment tools

## Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

## Textbooks Resources

1. Required Musmellow - OER. Lifetime Fitness and Wellness, ed. Lumen Learning, 2020

## **Other Resources**

1. Coastline Library 2. Scholarly articles will be used from leaders in the industry