

PHDA 15A: MODIFIED TOTAL FITNESS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2024
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Students will be able to identify the components of comprehensive fitness program.
- Students will be able to recognize and discuss the benefits of lifelong participation a fitness plan.

Description

Designed to provide the student the opportunity to engage in an appropriate and safe total body workout. Exercise programs will be developed with consideration given to each student's individual needs and abilities. Students will learn the components of physical fitness and how they apply to specific exercises.

Course Objectives

The student will be able to:

1. Identify and apply the components of a comprehensive fitness program.
2. Understand the principles of fitness.
3. Demonstrate proper technique and body mechanics of each exercise.
4. Understand contraindicated exercise as it pertains to their physical condition.
5. Recognize the benefits of lifelong participation in a fitness program.

Course Content

1. Components of fitness
 - a. Cardiovascular endurance
 - b. Muscular strength
 - c. Muscular endurance
 - d. Flexibility
 - e. Balance and coordination
 - f. Body composition
2. Principles of fitness
 - a. Frequency
 - b. Intensity
 - c. Set and repetitions
 - d. Progression

- e. Overload
 - f. Specificity
 - g. Adaptation
 - h. Recovery
 - i. Warm-up
 - j. Cool down
3. Body mechanics
 - a. Breathing technique
 - b. Posture
 - c. Proper form
 - d. Range of motion
 4. Contraindicated exercises
 - a. Individual functional limitations
 - b. Individual strengths
 - c. Joint mobility and hyper-extension
 - d. Intensity and progressions
 5. Lifelong fitness
 - a. Individual health and wellness
 - b. Daily living skills
 - c. Mental health
 - d. Stress management and relaxation
 - e. Longevity

Lab Content

During periods of instruction the student will demonstrate their skill in class by performing each exercise safely, correctly, and with awareness to their level of exertion, posture, and body alignment.

Special Facilities and/or Equipment

1. Gymnasium, weight machines, and cardiovascular fitness equipment.
2. When taught as an online distance learning section, students and faculty need ongoing and continuous internet and email access, as well as a physical space in which to safely participate in exercises.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Pre- and post-activity measurements
 Measurable progress as noted on SEC
 Written or self-evaluation

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Instructor demonstration and interaction
 Discussion
 Cooperative learning exercises

Representative Text(s) and Other Materials

Armbruster, Carol K., Ellen M. Evans, and Catherine M. Laughline. *Fitness and Wellness: A Way of Life*. 2018.

Despite being older than five years, this text is still relevant in the field of health and fitness and is widely used.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services