

PHDA 15B: INTERMEDIATE MODIFIED TOTAL FITNESS

Foothill College Course Outline of Record

Heading	Value
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 a comprehensive fitness program.
- Students will be able to understand the training benefits of adding balance and coordination activities to their individual fitness program.

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 progress in their level of exercise, incorporating balance and coordination activities.

Course Objectives

The student will be able to:

- identify and apply the components of a comprehensive fitness program.
- understand the principles of fitness.
- demonstrate proper technique and body mechanics of each exercise.
- understand training benefits of balance and coordination activities.
- incorporate balance and coordination activities into fitness program.
- understand body equilibrium, proprioception and spacial awareness.
- understand the role that muscular strength, muscular endurance and flexibility play towards improved balance and coordination.

Course Content

- Components of fitness
 - Cardiovascular endurance
 - Muscular strength
 - Muscular endurance
 - Flexibility
 - Balance and coordination
 - Body composition
- Principles of fitness
 - Frequency
 - Intensity
 - Set and repetitions
 - Progression and overload
 - Specificity
 - Adaptation and recovery

- Warm up
- Cool down
- Body mechanics
 - Breathing technique
 - Posture
 - Proper form
 - Range of motion
- Balance and coordination training
 - Static balance
 - Dynamic balance
 - Body equilibrium
 - Proprioception
 - Body awareness and body positioning
 - Spacial awareness
 - Reaction time
- Agility
- Improved muscular strength and muscular endurance
 - Integrating balance and stabilization exercises
 - Functional balance and coordination activities
- Improved flexibility and joint range of motion
 - Active stretching versus passive stretching
 - Dynamic balance activities to improve flexibility

Lab Content

During the periods of instruction the student will:

- Demonstrate their skill in class by performing each exercise safely and correctly with awareness to their level of exertion, posture and body alignment.

Special Facilities and/or Equipment

Gymnasium with fitness equipment, to include weight machines, hand weights, cardiovascular and balance equipment.

Method(s) of Evaluation

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

- Pre- and post-activity measurement.
- Measurable progress on SE
- Written self-evaluation.

Method(s) of Instruction

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

Instructor demonstration and interaction, discussion and cooperative learning exercises.

Representative Text(s) and Other Materials

Corbin, Charles B., Gregory J. Welk, and William R. Corbin. Concepts of Physical Fitness. 17th ed. NY: McGraw-Hill Publishing, 2013.

Joy, Carolyn. Proprioception Training: A Review of the Research. NY: Rehab surge, Inc., 2010.

Although these texts are older than the suggested "5 years or newer" standard, they remain seminal texts in the area of study.

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