

PHDA 16: MODIFIED GENERAL CONDITIONING

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2025
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	UC will limit transfer credit for any/all Physical Education activity courses to a maximum of 6 quarter units; not open to students with credit in ALAP 60X.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area 7: 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 three of the primary components of a fitness plan.
- Students will be able to identify and discuss how this class has improved their level of fitness, health and well being.

Description

Personal instruction in exercise programs to develop a comprehensive exercise program based on physical abilities and individual goals. Cardiovascular endurance, flexibility, muscular strength and endurance, balance and/or motor skills, as appropriate.

Course Objectives

The student will be able to:

1. Identify components of a comprehensive, individualized exercise program, based on personal goals and physician's recommendations
2. Develop an individualized exercise program
3. Demonstrate measurable progress in individualized exercise program, as determined by an increase in weights, repetitions, duration of exercise, or aptitude of skill acquisition
4. Recognize and demonstrate proper body mechanics when participating in fitness program

Course Content

1. Development of individualized exercise program suitable for the student's physical limitation
2. Body mechanics in the utilization of equipment
 - a. Breathing technique
 - b. Proper form
 - c. Range of motion
3. Cardiovascular equipment

- a. Stationary bicycle
 - b. Recumbent bicycle
 - c. Nu-Steps
 - d. Ellipticals
 - e. Treadmills
 - f. Arm crank ergometer
4. Weight training equipment
 - a. Pin set machines
 - b. Free weights
 - c. Medicine balls
 - d. Resistance bands
 5. Techniques and methodologies of each component of fitness program
 - a. Cardiovascular endurance
 - b. Flexibility
 - c. Muscular strength and endurance
 - d. Balance and coordination

Lab Content

During the periods of instruction the student will be:

1. Demonstrating their skill in class by performing each exercise with awareness and increased understanding of their fitness goals
2. Developing a fitness plan

Special Facilities and/or Equipment

1. Gymnasium with floor mats, weight equipment.
2. When taught as an online distance learning or hybrid 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
Written self-evaluation
Measurable progress on SEC
Oral or written tests/quizzes

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

Fahey, Thomas. Basic Weight Training for Men and Women. 2013.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

1. Optional reading and writing assignments as recommended by instructor

Discipline(s)

Physical Education (Adapted): Disabled Student Programs and Services