

PHDA 16: MODIFIED GENERAL CONDITIONING

Foothill College Course Outline of Record

Heading	Value
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 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 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:

- identify components of a comprehensive, individualized exercise program, based on personal goals and physician's recommendations.
- develop an individualized exercise program.
- demonstrate measurable progress in individualized exercise program, as determined by an increase in weights, repetitions, duration of exercise, or aptitude of skill acquisition.
- recognize and demonstrate proper body mechanics when participating in fitness program.

Course Content

- Development of individualized exercise program suitable for the student's physical limitation
- Body mechanics in the utilization of equipment
 - Breathing technique
 - Proper form
 - Range of motion
- Cardiovascular equipment
 - Stationary bicycle
 - Recumbent bicycle
 - Nu-Steps
 - Ellipticals

- Treadmills
- Arm crank ergometer
- Weight training equipment
 - Pin set machines
 - Free weights
 - Medicine balls
 - Resistance bands
- Techniques and methodologies of each component of fitness program
 - Cardiovascular endurance
 - Flexibility
 - Muscular strength and endurance
 - Balance and coordination

Lab Content

During the periods of instruction the student will be:

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

Special Facilities and/or Equipment

Gymnasium with floor mats, weight equipment.

Method(s) of Evaluation

- Pre- and post-activity measurements
- Written self-evaluation
- Measurable progress on SEC
- Oral or written tests/quizzes

Method(s) of Instruction

Instructor demonstration and interaction, discussion, cooperative learning exercises.

Representative Text(s) and Other Materials

Fahey, Thomas. Basic Weight Training for Men and Women. 8th ed. McGraw-Hill Publishing, 2013.

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