

PHED 45: FITNESS FOR LIFE

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Pass/No Pass Only
Repeatability:	Not Repeatable

Student Learning Outcomes

- Design and demonstrate a safe and effective cardio-respiratory and weight training program.
- Demonstrate safe and appropriate use of resistance training equipment

Description

Increase muscle strength, endurance and cardiovascular fitness through self paced program of use on cardio, strength and fitness machines.

Course Objectives

The student will be able to:

- Assess and monitor individual fitness levels
- Identify and explain how the components of physical fitness contribute to lifelong wellness
- Develop goals: use goals and assessment to design a personalized fitness program
- Understand the purpose and safe use of selectorized machines
- Understand the benefits of exercise
- Understand risk factors of improper use of selectorized machines
- Design and practice cardio conditioning program

Course Content

- Components of fitness
 - Body composition
 - Cardiovascular endurance
 - Flexibility
 - Muscular endurance
 - Strength
- Principles of fitness
 - Frequency
 - Intensity
 - Time
 - Overload
 - Progression
 - Specificity
 - Adaptation
 - Recovery
 - Warm-up
 - Cool down

- Development of personalized fitness program
 - Medical readiness
 - Identify personal physical fitness needs
 - Goal setting
 - Select activities
 - Exercise records
 - Reevaluate and modify
- Prevention and care of common fitness injuries
 - Common causes of injuries
 - R.I.C.E.
 - Common injuries--symptoms and treatments
 - Muscle soreness
- Benefits of exercise
 - Exercise effects
 - Hypo kinetic disease
 - Aging
 - Hypo kinetic conditions
- Body composition and weight control
 - Body fat assessment
 - What causes obesity?
 - Weight control
 - Myths and misconceptions
 - Guidelines for proper weight reduction

Lab Content

- Proper warm-up activities
- Explanation of cardio/respiratory conditioning
- Muscular development defined
- Flexibility
- Principles of different types of weight training techniques

Special Facilities and/or Equipment

- Tennis shoes and work-out clothes are recommended.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

- Direct instructor observation of student's exercise program
- Student participation in a minimum of twenty hours
- Written workout plan

Method(s) of Instruction

Cooperative learning exercises, including group lecture, in-class demonstration and discussion of the proper use of all machines.

Representative Text(s) and Other Materials

Blahnik, Jay. Full-Body Flexibility. 2nd ed. Champaign, IL: Human Kinetics, 2013.

Price, Rob. Weight training for Runners. Chicago, IL: Price World Publishing, 2014.

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

- Optional reading and writing assignments

Discipline(s)

Physical Education