GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 024B- INTERMEDIATE FITNESS BOOT CAMP

1. Course Number Course Title Semester Units Semester Hours

ES 024B Intermediate Fitness 1 1 hour lecture

Boot Camp 1 hour lab

2. Prerequisites

None.

Corequisites

None.

Recommended Preparation

A “C” grade or higher or “Pass” in ES 024A or equivalent or specified skill competencies.

3. Catalog Description

A continuation of ES 024A emphasizing the development of an intermediate program of a fast-paced, regimented style exercise that works the entire body through the use of calisthenics, running, body resistance training and agility drills designed to promote physical fitness and weight control. Using a variety of relatively complex and moderately intense activities, emphasis will be placed on self-discipline, intensity, and goal-oriented intermediate exercise programming. The course will utilize numerous training modalities including cross-training, basic boxing, plyometrics, speed and agility, core stability, flexibility training as well as cardiovascular endurance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

The student will:

* 1. Analyze, discuss, and practice the intermediate functional aspects of physical fitness necessary to maintain the health and vigor of his/her body.
  2. Utilize a variety of relatively complex exercise modalities with increased intensity to achieve an intermediate level of muscle strength, muscle endurance, cardiovascular endurance and flexibility.
  3. Develop an increase in training effects in order toexperience the impact of fitness improvements on productivity, self-image, and a general feeling of well being.
  4. Identify and explain the interplay of variables which are essential to a healthy lifestyle including nutrition, stress management, and physical fitness.
  5. Implement fitness training principles to a structured intermediate level exercise schedule.
  6. Evaluate and practice attitudes concerning the positive relationship between lifelong improvement and maintenance of physical fitness and total body health.
  7. Apply scientific perspective to the conditions and limitations of his/her own body relative to an increase in exercise intensity and complexity of training through exercise experiences and risk factor analysis.
  8. Analyze and evaluate exercise performance levels through on-going physiologic parameters: resting heart rate, exercise heart rate, body composition changes.

5. Instructional Facilities

a. Studio or gymnasium.

b. Track, athletic field or off-campus facility.

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6. Special Materials Required of Student

a. Water bottle.

b. Appropriate exercise clothing and footwear.

c. Towel.

d. Internet access

7. Course Content

a. A variety of relatively complex exercise modalities designed to improve fitness to an intermediate level.

1) Moderate intensity in aerobic and interval training, calisthenics, plyometrics.

2) Increasingly challenging resistance training exercises and intensity (body weight, tubing).

b. Intermediate level training methods to increase flexibility (dynamic and static).

c. Measurement of pre and post training data to assess effects of increased complexity and intensity on physiological parameters of conditioning.

d. Psychological implications of training and maintaining health.

1) Goal setting.

2) Methods of exercise adherence.

3) Barriers/strategies and solutions.

e. Theoretical information as it relates to an intermediate conditioning program and its impact on lifelong fitness.

f. Stress management.

g. The use of a highly structured, regimented approach to an intensity of exercise appropriate for an individual looking to improve his/her basic fitness level and increase motivation to work hard.

8. Method of Instruction

a. Demonstration.

b. Lecture.

c. Participation and practice of prescribed modalities of exercise.

d. Video and other visual materials.

e. Fitness assessment.

f. Instructor-led exercises and individual consultation.

9. Methods of Evaluating Student Performance

* + - 1. Class participation.
      2. Written objective and essay final exam.
      3. Practical evaluation of physiological changes at an intermediate level.
      4. Evaluation of outside assignments.

10. Outside Class Assignments

* 1. Inclusion of at least one additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness (using video technologies).
  2. At least one to two hours per week in reading assignments and/or practice.
  3. Written projects as assigned by the instructor.

11. Texts

a. Required Text(s):

Exercise Science and Wellness Department. The Way to a Long and Healthy Life. El Cajon, CA: Grossmont College, 6th edition, 2012.

b. Supplementary texts and workbooks:

Instructor’s materials.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

a. Demonstrate knowledge, skills and appreciation of fitness boot camp at an intermediate level.

b. Identify the basic principles for maintaining an active and healthy life.

Date approved by the Governing Board: May 21, 2013