GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 024A - BEGINNING FITNESS BOOT CAMP

1. Course Number Course Title Semester Units Semester Hours

ES 024A Beginning Fitness 1 1 hour lecture

Boot Camp 1 hour lab

2. Prerequisites

None.

Corequisites

None.

Recommended Preparation

None.

3. Catalog Description

This course presents a fast-paced, regimented style exercise program designed at a beginning level 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 basic activities, emphasis will be placed on self-discipline, intensity, and goal-oriented basic 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 basic functional aspects of physical fitness necessary to maintain the health and vigor of his/her body.
  2. Utilize a variety of basic exercise modalities to achieve a foundation of muscle strength, muscle endurance, cardiovascular endurance and flexibility.
  3. Develop sufficient training effects in order to demonstrate the impact of body maintenance 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 beginning level exercise schedule.
  6. Evaluate and practice attitudes concerning the positive relationship between lifelong physical fitness and total body health and maintenance.
  7. Apply scientific perspective to the conditions and limitations of his/her own body through training 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.

6. Special Materials Required of Student

a. Water bottle.

b. Appropriate exercise clothing and footwear.

c. Towel.

d. Internet access

EXERCISE SCIENCE 024A – BEGINNING FITNESS BOOT CAMP Page 2

7. Course Content

a. A variety of basic exercise modalities designed to improve fitness to a novice level.

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

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

b. Training methods to increase flexibility (dynamic and static).

c. Measurement of pre and post training data and their relationship to 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 individual’s initial program and lifelong fitness.

f. Stress management.

g. The use of a highly structured, regimented approach to an intensity of exercise appropriate for a novice and 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 a beginning 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 a beginning level.

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

Date approved by the Governing Board: May 21, 2013