

LOS ANGELES MISSION COLLEGE

Department of Physical Education

COURSE OUTLINE

Step – PE 673

Fall 2012

**Instructor**

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**Number and Title of Course**

PHYSICAL EDUCATION 673 – *Step* (1 unit)

**Student Learning Outcomes/**

At the conclusion of the course, the student will :

1. Be able to exercise at a moderate level of intensity sufficient to raise the heart rate to a level that will increase cardiovascular efficiency.
2. Be able to monitor his or her heart rate and level of exercise during activity.
3. Improve his or her level of physical fitness/conditioning through incorporating various components of fitness during exercise sessions. Improvements will be determined from pre/post physical fitness testing.
4. Be knowledgeable of specific activities and techniques that are effective for improving cardiovascular condition.
5. Understand the numerous benefits associated with physical fitness/exercise and will develop an appreciation toward the importance of physical activity.
6. Understand the essential nutrients needed by the body and current nutritional guidelines.
7. Know names and locations of basic muscles of the body and will understand effective exercises for those muscles.
8. Understand various physical fitness testing, the purpose of each test administered and the techniques needed to improve in each test.

**Course Objectives**

1. Throughout the course, students will progressively increase the intensity of their workout using the step in an effort to improve overall cardiovascular endurance.
2. Students will understand target heart rate and will learn how to calculate target heart rate.
3. Throughout the course, students will use various exercises to improve overall strength and flexibility. They will gain an understanding of ways to increase intensity of exercises to match their physical abilities.
4. Students will learn about basic nutrition and will be taught the basic nutritional needs of the body. They will also learn about caloric needs and how it relates to overall body composition.
5. Students will be taught the basic muscles of the body and they will learn the most effective and safe exercises for those specific muscles.
6. Students will understand physical fitness principles and the purpose of physical fitness testing.

## Evaluation Procedures

1. Participation, effort, and attendance = 75 pts.  
*Students are expected to participate regularly and put forth effort throughout course.*
2. Fitness Test (pre=20, post=20, improvement=10) = 50 pts.  
*Students will participate in fitness testing that will include but not limited to, a cardiovascular test, curl-ups, push-ups and flexibility test.*
3. Article critique = 20 pts  
*Students will complete an article critique based on an article related to fitness, health and/or nutrition. Article needs to be current (last 3 years) and needs to be taken from a reputable source. Critique **must be typed** and one page in length. **Due on or before October 11<sup>th</sup>!***
4. Target Heart Rate calculation = 10 pts  
*THR worksheet*
5. Final exam = 50 pts.  
*Exam will be given at end of semester and will consist of information from text, class lectures, and class activities.*

**Total points: 205 pts**

## Attendance

- ◆ **three absences** are permissible
- ◆ **four absences** lower grade one full grade
- ◆ **five absences** lower grade two full grades
- ◆ **six absences** lower grade three full grades
- ◆ **seven absences** = automatic fail

(Make-Up Policy: IF student receives more than 3 absences, make-ups **might** be permissible, see instructor for details.)

## Tardiness

Being tardy to class three times will equal one absence. Please notify instructor if you will be tardy to class. Excessive tardiness will affect participation points.

**Class Format:** Class will generally consist of a warm-up, cardiovascular and muscular strengthening segment followed by a flexibility segment. Designated days will be spent completing fitness testing and there will also be class meetings focusing on lecture material.

**\*\*Proper shoes are required for class.** It is recommended that each student wear comfortable workout attire (ie. sweats, T-shirts, shorts, etc.). Please bring towel and water bottle to class.

## NOTE:

*A new state policy in effect as of Summer 2012 limits students to 3 attempts per course. Receiving a grade or "W" for a course counts as an attempt, regardless of when the course was taken. Withdrawal by September 9, 2012 (avoiding a "W") will not count as an attempt.*

