SEATTLE COLLEGES
Central · North · South · SVI

PEC151 - Intermediate Physical Fitness

Document Type: Master Course Outline
Proposal Type: Revision
Requester(s): Patricia A Root
College: North
Origination Approved: 06/13/2018 - 5:21 PM

BASIC INFORMATION

Requester(s): Patricia A Root

College: North Seattle College

Division/Dept: Math / Science

Dean: Alissa D Agnello

Peer Reviewer(s): Jonathan L Blodgett

COURSE INFORMATION

Proposed Course Number:
Prefix: **PEC** Number: **151**

☐ Request a new Prefix
☐ This will be a common course

Full Title: Intermediate Physical Fitness

Abbreviated Title: Interm. Physical Fitness

Catalog Course Description:
For students with previous fitness training experience, Intermediate Physical Fitness develops cardiorespiratory endurance through walking, jogging or aerobic machines, and muscular fitness via free weights, weight machines, and stretching activities. Individualized and instructor-driven workouts align with student goals, best practices, and established training principles. Intermediate level skills and workout designs are presented, and supplemental fitness information is provided.

Course Length: 11 Weeks ☐ Request an Exception

Topical Outline:

In the Intermediate Physical Fitness classroom, students learn about intermediate-level training theories, principles, and techniques related to cardiorespiratory and muscular fitness, and apply them to their personal goals to create individualized workout plans. Students are also responsible for knowing and applying beginning-level physical fitness training theories, principles, and techniques.

I. **Safety** - emphasized throughout the entire course, general safety procedures apply to all lifts
a. Warm-up, Cool-down
b. Human form and function
c. Spotting during weight training
d. Starting and stopping stair climbing, treadmill, and elliptical machines
e. Equipment cleaning after use

II. Cardiorespiratory Endurance Training Basics & Principles: Beginning and Intermediate
a. Goal setting
b. Cardiorespiratory endurance intensity assessment
c. Modes of cardiorespiratory endurance activity
d. Exercise selection
e. Exercise frequency
f. Exercise intensity
g. Exercise duration
h. Exercise, fitness progression

III. Weight Training Technique: Beginning and Intermediate
a. Load/resistance selection (overload)
b. Grips
c. Body alignment
d. Breathing during an exercise
e. Exercise movement
f. Exercise range of motion
g. Movement speed
h. Specificity
i. Exercise modification, variation

IV. Weight Training Basics & Principles: Beginning and Intermediate
a. Goal setting
b. Weights, repetitions, sets, volume
c. Muscular strength, muscular endurance, power, hypertrophy
d. Muscle balance
e. Muscles: prime movers and antagonists
f. Split programs
g. Rest and recovery
h. Exercise selection
i. Exercise order
j. Exercise frequency
k. Exercise intensity
l. Exercise duration
m. Exercise progression

V. Flexibility Basics & Principles: Beginning and Intermediate
a. Stretching modes
b. Stretch selection
c. Stretch frequency
d. Stretch intensity
e. Stretch duration
f. Stretching progression

VI. Progressive Training Work Bouts – emphasized throughout the entire course, a variety of equipment is used to meet the course's physical outcomes.
a. Equipment may include but not be limited to: cardiorespiratory endurance training machines, dumbbells, barbells, kettlebells, resistance bands, stability balls, weighted balls, benches, resistance machines, etc.
b. Resistance training exercises will focus on major muscle groups in the arms, shoulders, chest, back, abdominals, back, gluteals, legs, calves
c. A selection of basic exercises and activities are presented at the start of the quarter, and additional exercises and activities are presented as the academic term continues.

VII. Training Methods/Programs/Routines/Designs: Beginning and Intermediate
a. Superset
b. Pyramid
c. Circuit
d. Interval training

e. Low intensity, long duration
f. Periodization
g. High-intensity programs and concepts that may include but not be limited to: partial range of motion, compound sets, plyometric training, etc.

VIII. Fitness Information – content is shared throughout the entire course, and may fluctuate as fitness principles and popular interests shift over time. Examples may include but are not limited to:
a. Nutrition
b. Physical activity benefits
c. Hydration
d. Ergogenic aids
e. Muscle anatomy and physiology
f. Effects of physical activity on chronic disease
g. Injury (strain, sprain) treatment
h. Components of fitness
i. Conditioning programs
j. Fitness trends

COURSE CODING

Funding Source: 1.....State

Institutional Intent: 11.....Academic Transfer

Select the Distribution Area of the AA Degree that this course will satisfy, if applicable:

(No Distribution Areas Selected)

Will this course transfer to a 4-year university? **Yes**

Please Describe:
A student may complete up to three Physical Education credits to meet general elective requirements with the AA-DTA Degree. Acceptance of stand-alone Physical Education credits is institution dependent.

At the University of Washington, up to three 100-level credits of Physical Education may be applied to Bachelo Degree general elective requirements in all the university's colleges except for Engineering: https://www.washington.edu/students/ugrad/advising/aif/pe.html

Is this course designed for Limited English Proficiency? **No**

Is this course designed for Academic Disadvantaged? **No**

Does this course have a Workplace Training component? **No**

CIP Code: 31.0590 ☑ Request Specific CIP Code

31.0590 is the specific local CIP code that aligns with activity courses. That acknowledged, email communication from Lou Sager of the SBCTC in August 2017 indicated that there will be a migration over to federally-recognized CIP codes. If that is the case, then 31.0501 should be the code to use, since 31.0590 is not in the federal database.
https://nces.ed.gov/ipeds/cipcode/cipdetail.aspx?y=55&cipid=88448

Credits:

Will this course be offered as Variable Credit? Yes
Yes

List Course Contact Hours

Lecture (11 Contact Hours : 1 Credit) 11 to 11

Lab (22 Contact Hours : 1 Credit)	0 to 44
Clinical Work (33 Contact Hours : 1 Credit)	0 to 0
Other (55 Contact Hours : 1 Credit)	0 to 0
Total Contact Hours	11 to 55
Total Credits	1 to 3

This is to certify that the above criteria have all been met and all statements are accurate to the best of my knowledge.

Faculty involved in originating this program:

Print Name	Signature	Date
Patricia A Root	Patricia A Root	1/1/0001

Dean:

Print Name	Signature	Date
Alissa D Agnello	Alissa D Agnello	5/21/2018

Results of NSCC Curriculum and Academic Standards Committee Findings

Participating Faculty Response and Remarks

[X] Recommended for approval

[ ] Not recommended for approval

Chairman, Curriculum and Academic Standards Committee:

Print Name	Signature	Date
Denise G Brannan	Denise G Brannan	6/13/2018

Vice President for Instruction:

Print Name	Signature	Date
Kristen A Jones	Kristen A Jones	6/13/2018