



PEC165 - Body Conditioning

Document Type: Master Course Outline

Proposal Type: Revision

Requester(s): Patricia A Root

College: North

Origination Approved: 10/18/2017 - 12:31 PM

BASIC INFORMATION

Requester(s): Patricia A Root

College: North Seattle College

Division/Dept: Math / Science

Dean: Alissa D Agnello

COURSE INFORMATION

Proposed Course Number:

Prefix: **PEC**

Number: **165**

Request a new Prefix

This will be a common course

Full Title: Body Conditioning

Abbreviated Title: Body Conditioning

Catalog Course Description:

Body Conditioning uses hand-held weights, resistance bands, kettlebells, and/or similar equipment to improve muscular strength, muscular endurance, and flexibility in all of the body's major muscle groups. A variety of exercises and activities are practiced, and particular attention is given to proper technique, safety, and fitness progression. Wellness-related information, such as nutrition, proper hydration, and fitness trends are also included.

Course Length: 11 Weeks

Request an Exception

Topical Outline:

Body Conditioning is conducted in a group exercise environment, where students are performing the same exercises together, but with self-selected weights and other forms of resistance to meet individual goals and course outcomes. The class is not structured around separate information blocks, but is instead arranged to repeat many activities, but in ways that become more rigorous and challenging as the academic term proceeds.

Major aspects of the course include:

I. Posture & Alignment - emphasized throughout the entire course, though more attention is provided at the beginning, and when new exercises are added.

1. Neutral spine
2. Core muscle engagement

3. Coordinated movement

II. Moving Safely - emphasized throughout the entire course, though more attention is provided at the beginning, and when new exercises are added.

1. Warm-up in each class
2. Range of motion around a joint
3. Coordinated movement
4. Modifying and substituting exercises
5. When to add weight/change resistance

III. Progressive Muscular Strength and Muscular Endurance Bouts - emphasized throughout the entire course, a variety of equipment is used to meet the course's physical outcomes.

1. Equipment may include but not be limited to: hand-held dumbbells, resistance bands, kettlebells, stability balls, weighted balls, foam rollers, etc.
2. Exercises will focus on major muscle groups in the legs, abdominals, gluteals, chest, back, arms, shoulders.
3. Exercises become more challenging as course continues. Progression methods may include but not be limited to:
 1. Increasing repetition number
 2. Increasing set number
 3. Increasing weight/resistance
 4. Increasing complexity of an exercise
 5. Varying exercise speed ("time under tension," eccentric training)
 6. Combining exercises
 7. Performing exercise on a less stable support base (stability ball, foam roller, one leg instead of two, etc.)

IV. Flexibility - emphasized throughout the entire course, accomplished through static and dynamic stretching exercises among the major muscle groups.

V. 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:

1. Nutrition
2. Hydration
3. Fitness trends
4. Injury (strain, sprain) treatment
5. Components of fitness
6. Anatomy and physiology
7. Conditioning programs

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.

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:

Patricia A Root
Print Name

Patricia A Root
Signature

8/3/2017
Date

Dean:

Alissa D Agnello
Print Name

Alissa D Agnello
Signature

8/22/2017
Date

Results of NSCC Curriculum and Academic Standards Committee Findings

Participating Faculty Response and Remarks

- Recommended for approval
- Not recommended for approval

Chairman, Curriculum and Academic Standards Committee:

Denise G Brannan
Print Name

Denise G Brannan
Signature

10/17/2017
Date

Vice President for Instruction:

Kristen A Jones
Print Name

Kristen A Jones
Signature

10/18/2017
Date