GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 02/22/2022

GCCCD Governing Board Approval: 03/08/2022

ES 022 – TOTAL BODY CONDITIONING

1. Course Number Course Title Semester Units

ES 022 Total Body Conditioning 1

Semester Hours

1 hour lecture:  16-18 hours 32-36 outside-of-class hours

1 hour laboratory: 16-18 hours  64-72 total hours

2. Prerequisites

None

Corequisites

None

Recommended Preparation

None

3. Catalog Description

The purpose of this course is to provide students with an exercise program designed to develop the key components of health-related physical fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. Emphasis will be placed on the latest scientific theories and conditioning modalities, and how to apply the principles to a home-based and lifelong conditioning program. Activities focus on a wide range of aerobic circuits, body weight activities, calisthenic-type exercises, and stability/mobility movements. In addition, students will explore nutrition principles and other factors for making healthy lifestyle choices.

4. Course Objectives

The student will:

1. Evaluate individual health-related physical fitness through pre & post assessments
2. Perform a wide range of conditioning activities to develop cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition
3. Identify and locate the major muscle groups, and corresponding conditioning activities and stretches for each group
4. Demonstrate knowledge of a variety of cardiorespiratory and resistance training principles and systems.
5. Utilize scientific principles to monitor, evaluate, adjust, and record responses to physical conditioning activities (i.e., resting heart rate, exercise heart rate, and recovery heart rate)
6. Demonstrate knowledge of fitness training principles, healthy eating choices, and how exercise helps to prevent and treat chronic health conditions

5. Instructional Facilities

1. Cardiorespiratory and resistance training facility that is ADA compliant
2. Physical fitness assessment equipment
3. Projector, screen, audio and visual equipment
4. Portable white board and markers
5. Access to learning management system (Canvas)

6. Special Materials Required of Student

a. Appropriate fitness attire (for indoor and/or outdoor activities)

b. Personal electronic technology (i.e., smart phone with internet access and fitness app)

c. Water bottle

d. Towel

7. Course Content

1. Introduction to fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
   1. Assessment of current fitness and health levels (for muscle strength, muscle endurance, cardiorespiratory endurance, flexibility, BMI, and resting heart rate)
   2. Components of an exercise session: warm-up, conditioning for cardiorespiratory endurance and/or muscle development, cool-down
2. Proper movement mechanics
   1. Stability, mobility and conditioning activities for cardiorespiratory, muscular strength/endurance, and flexibility
   2. Skill-related fitness activities: speed, reaction time, agility, power, balance, and coordination
3. Evidence-based fitness training principles (i.e., progressive overload, specificity, reversibility, individuality, FITT**,** recovery)
   1. Modes to measure exercise intensity (i.e., rate of perceived exercise and exercise heart rate)
   2. Variety of conditioning training modalities and systems (i.e., Tabata, HIIT, circuits)
4. Healthy eating principles (i.e., essential nutrients, importance of hydration, body composition and weight management)
5. Physical literacy and personal habits that prevent disease and promote health (i.e., sleep hygiene, stress, chronic disease prevention)

8. Method of Instruction

* 1. Lecture and demonstration
  2. Visual and online instructional materials (DVD, video, fitness apps and software, and Canvas)
  3. Instructor-led demonstration and individual consultation
  4. Instructor-facilitated group discussions and activities
  5. Peer-collaborative activities
  6. Physiological assessment evaluation and monitoring

9. Methods of Evaluating Student Performance

1. Health and fitness assessment – pre/post (i.e., push-ups, planks, speed squats)
2. Muscle endurance (i.e., push-ups, planks, curl-ups, side-bridge)
3. Flexibility (i.e., straight leg raise, shoulder flexion)
4. Body Composition (i.e., girth measurements)
5. Health Measurements (i.e., resting heart rate, weight, BMI)
6. Cardiorespiratory endurance (i.e., 1.0-mile walk)
7. Participate in and adapt activities in a progressive manner to meet evidence-based practices (i.e., conditioning log with exercise heart rate and RPE)
8. Observation and evaluation of movement mechanics (i.e., video analysis of conditioning activities)
9. Written self-evaluation of conditioning variables based on class activities and subjective experience to improve adherence (i.e., discussions in Canvas, video submission)
10. Evaluation of outside class assignments utilizing course concepts and text (i.e., target heart rate calculation)
11. Written exam (knowledge and Core Curriculum concepts)

10. Outside Class Assignments

1. Performat least one additional day of prescribed conditioning activities to meet minimum frequency standards needed to improve muscle strength, muscle endurance, cardiorespiratory endurance, and flexibility.
2. Weekly assignments (i.e., reading, healthy eating plan, movement video analysis, muscle groups and exercises)

11. Representative Texts

1. Representative Text(s):

Exercise Science and Wellness Department. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 6th edition**,** 2017.

b. Supplementary texts and workbooks:

Instructor materials: ACSM exercise guidelines, Dietary Guidelines for Americans

Student Learning Outcomes

Upon completion of the course, the student will:

1. Demonstrate knowledge, skills, and appreciation of body conditioning activities
2. Identify basic principles for maintaining an active and healthy life