I. Catalog Information

P E 8  Total Fitness  0 1/2 Unit(s)

P E 8X  1 Unit(s)

(See general education pages for the requirement this course meets.)

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

(Any combination of Physical Education 8 and 8X may be taken up to six times for credit.)

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

Introduction to the discipline of Physical Education through total fitness, including an historical and global examination of total fitness and conditioning. Students will improve fitness through a program of cardiovascular exercise, agility, speed, flexibility, and resistance training using both indoor and outdoor facilities. Fitness assessments will occur throughout the term.

II. Course Objectives

A. Examine the perspective of total fitness in an historical and global context.

B. Employ, practice and appraise exercises that increase functional range of motion, cardiovascular fitness, muscular strength and endurance and body composition.

C. Compare and practice exercises that will improve coordination, agility, speed and posture.

D. Measure current fitness status.

E. Identify major muscles, muscle groups and their function.

F. Evaluate various sports/activities for their conditioning merits.

III. Essential Student Materials

Appropriate training attire and footwear,

IV. Essential College Facilities

Aerobic room with stereo system, Lifetime Fitness and Wellness Center, gym and track

V. Expanded Description: Content and Form

A. Examine the perspective of Total Fitness in a historical and global context.

1. 129 to around 210 AD - Galen challenges the total fitness approach to exercise.

2. 1815 - Napoleon begins military fitness programs.

3. 1939 - The WAC started one-hour "toughening up" classes, with calisthenics, rope skipping, and running.

4. 1965 - Dr. Kenneth Cooper, program to help astronauts.

5. Becomes popular "aerobics" program

6. 1974 Idaho - started program for juvenile

7. 1997 - First programs for the general public are designed for overall fitness.

B. Employ, practice and appraise exercises that increase functional range of motion, cardiovascular fitness, muscular strength and endurance and body composition.

1. Proper stretching

2. Concepts of increasing cardiovascular fitness

3. Concepts of increasing muscular strength and endurance.


5. Concepts of exercise modification for persons with disabilities and/or injuries.
C. Compare and practice exercises that will improve coordination, agility, speed and posture.
   1. Agility and coordination exercises.
   2. Posture analysis and exercises to strengthen the torso.
   3. Speed exercises
   4. Plyometric exercises
   5. Experiment with flexibility
   6. Analyze aerobic vs. anaerobic exercise
   7. Exercise modifications for persons with disabilities and/or injuries.

D. Measure current fitness status.
   1. Analyze resting, exercising and recovery heart rate measurements, determine target heart rate zone and current fitness level through assessment.
   2. Understand the importance of strength and flexibility relative to posture and the construction of a fitness program.
   3. Develop a set of tools that will help evaluate exercises in order to meet individual fitness needs.

E. Identify major muscles, muscle groups, their function and gender differences.
   1. Identify movement and the specific muscle or muscle groups used to provide the movement.
   2. Identify major muscle groups and exercises for muscle development.
   3. Methods of developing strength, power, and muscular endurance.
   4. Precautions and injury prevention.
   5. Modification of exercises based on physical capacity and individual limitations.
   6. Recognize commonalities and differences between genders.
      a. Examine overall strengths, weaknesses
      b. Examine differences in speed and flexibility

F. Evaluate various sports/activities for their conditioning merits.
   1. Basic components of aerobic and anaerobic exercise
   2. Common factors of activities which increase power, strength, speed and flexibility
   3. Basic safety rules applying to protecting the joints during movement.

VI. Assignments

A. Reading:
   1. Readings from text
   2. Readings from handouts.

B. Writing
   1. Training diary including pulse rates, diet, and personal measurements.
   2. Write a two page paper on the five components of fitness, nutrition, or a health related issue based upon the text book.

VII. Methods of Instruction

   Lecture and visual aids
   Discussion of assigned reading
   Quiz and examination review performed in class
   Collaborative learning and small group exercises

VIII. Methods of Evaluating Objectives

A. Demonstration of proper utilization of exercise equipment and facilities.
B. Fitness assessment measurements
C. Training log
D. Written assignments
E. Written final
IX. Texts and Supporting References

A. Examples of Primary Texts and References


B. Examples of Supporting Texts and References