Modesto Junior College

Course Outline of Record Report

09/02/2021

PEC128 : Aerobics

General Information

Faculty Author:	• Rusty Stivers • Motroni, Milan
Attachments:	PEC 128 DE Addendum Fall 2020_Newest.pdf PEC 128 DE Addendum EFF FA20.pdf PEC-128_SU18.pdf ASSIST CAS PEC 128.pdf PEC 128.pdf Download
Course Code (CB01) :	PEC128
Course Title (CB02) :	Aerobics
Department:	Kinesiology
Proposal Start Date:	MJC Summer 2022
TOP Code (CB03) :	(0835.10) Physical Fitness and Body Movement
CIP Code:	(31.0501) Health and Physical Education/Fitness, General
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Course Control Number (CB00) :	CCC000329047
Curriculum Committee Approval Date:	12/06/2016
Board of Trustees Approval Date:	01/11/2017
External Review Approval Date:	09/01/2015
Course Description:	Aerobic movements for improved cardiovascular condition, muscle strength and endurance, flexibility, balance, agility, coordination, and weight control.
Proposal Type:	Mandatory Revision Course update for periodic review.
Faculty Author:	No value

Discipline(s)

Master Discipline Preferred:	• Physical Education
Bachelors or Associates Discipline Preferred:	No value

Course Coding

Basic Skill Status (CB08)

Course is not a basic skills course.

Course Special Class Status (CB13)

Course is not a special class.

Grading

- A-F or P/NP

☐ Allow Students to Gain Credit by Exam/Challenge

Repeatability

0

Course Prior To College Level (CB21)

Not applicable.

Rationale For Credit By Exam/Challenge

No value

Type of Repeat

No value

☐ Allow Students To Audit Course

Course Support Course Status (CB26)

Course is not a support course

Associated Programs

☑ Course is part of a program (CB24)

Associated Program	Award Type	Active
Physical Education	A.A. Degree	MJC Summer 2020
Kinesiology for Transfer Degree	AA-T Associate of Arts for Transfer	MJC Summer 2020
MJC Guidance & Activities Requirements for Associate Degree	MJC Guidance & Activities Requirements for Associate Degree	MJC Summer 2020 to MJC Summer 2021

Transferability & Gen. Ed. Options

Course General Education Status (CB25)

No value

Transferability	Transferability Status
Transferable to both UC and CSU	Approved

Local Requirements: Guidance and Activities	Categories	Status	Approval Date	Rationale (include Comparable Course, C-ID Descriptor, etc. if applicable.
Activities Requirement	(MJC Activities)	Approved	No value	No Rationale (include Comparable Course, C-ID Descriptor, etc. if applicable. defined.

Field Trips

Field trips are required.

- (●) Yes
- ( ) No
- ( ) Maybe

Comparable Lower-Division Courses at UC/CSU v2

Courses numbered 100-299 require identification two comparable lower-division courses from CSU or UC from the current institutional catalog (not schedule). At least one course from CSU, and if requesting/maintaining UC general elective transfer, one course from UC. Please identify the CSU campus offering this course. (Term type is indicated in parentheses)

CSU, Dominguez Hills (SEM)

CSU Catalog Year

2020-2021

Provide the CSU course code (e.g., ENGL 1A) from the most current official Catalog (not schedule). Curriculum changes each year.

KIN 111

CSU Course Title

Aerobics

Does course-to-course or lower-division, "major prep" articulation with this course exist for this academic year?

No Value

Select the institution that offers the second comparable course from CSU or UC. If seeking or maintaining UC transferability, you must supply a UC campus. (Term type is indicated in parentheses)

CSU, Fresno (SEM)

CSU/UC Catalog Year

2020-2021

Provide the CSU course code (e.g., ENGL 1A) from the most current official Catalog (not schedule). Curriculum changes each year.

KAC 27

CSU Course Title

Aerobics

Does course-to-course or lower-division, "major prep" articulation with this course exist for this academic year?

No Value

Select the institution that offers the third comparable course from CSU or UC. If seeking or maintaining UC transferability, you must supply a UC campus if not already provided above. (Term type is indicated in parentheses)

No Value

CSU/UC Catalog Year

No Value

Provide the CSU/UC course code (e.g., ENGL 1A) from the current official Catalog (not schedule). Curriculum changes each year.

No Value

CSU Course Title

No Value

Does course-to-course or lower-division, "major prep" articulation with this course exist for this academic year?

No Value

Units and Hours

Summary

Minimum Credit Units (CB07)	1
Maximum Credit Units (CB06)	1
Total Course In-Class (Contact) Hours	54
Total Course Out-of-Class Hours	0
Total Student Learning Hours	54

Credit / Non-Credit Options

Course Credit Status (CB04)	Course Non Credit Category (CB22)	Non-Credit Characteristic
Credit - Degree Applicable	Credit Course.	No Value

Course Classification Code (CB11)

Credit Course.

Funding Agency Category (CB23)

Not Applicable.

☐ Cooperative Work Experience Education Status (CB10)

☐ Variable Credit Course

Weekly Student Hours

	In Class	Out of Classs
Lecture Hours	0	0
Laboratory Hours	3	0
Activity Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	52.5
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	54
Activity	0
Total	54
Course Out-of-Class Hours	
Lecture	0
Laboratory	0
Activity	0
Total	0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, and Advisories

No Value

Requisite Skills

Requisite Skills	Description
No value	No value

Specifications

Methods of Instruction

Methods of Instruction (Typical)	INSTRUCTIONAL METHODS
MOI	1. Instructor demonstration/description of individual skills and routines 2. Topic-relevant lectures 3. Discussion of handouts and suggested readings 4. Instructor-facilitated small group skill practice 5. Use of fitness props

Assignments (Typical)

Evidence of Appropriate Workload for Course Units (Quantity)

1. Lab only - no outside-of class hours required.

Evidence of Critical Thinking (Quality)

1. Using movements learned in aerobics class, create and demonstrate a four-counts-of-eight aerobic sequence.
2. Students will calculate personal Target Training Zone for generally recognized as safe level of participation in an aerobic activity.
3. Students will measure improvement in areas of fitness.
4. Students will demonstrate safe kinesiological principles of movement. For example, during performance of aerobic routines, students would demonstrate "neutral spine" position or movement of the knee and foot in the same direction simultaneously.
5. Students will identify terminology relevant to aerobic activity. For example, contrast aerobic activities with anaerobic activities.

Methods of Evaluation (Typical)	Rationale
FORMATIVE EVALUATION	1. Evaluation of student monitoring personal exercise intensity at an appropriate level using aerobic evaluations (perceived level of exertion or heart rate monitoring) 2. Instructor evaluation of student's ability to perform, using proper kinesiological principles, activities to improve cardiovascular fitness, muscle strength and endurance, and flexibility 3. Instructor evaluation of each student's ability to participate for increased amount of time with control of body movements
SUMMATIVE EVALUATION	1. Post-test assessment of student's resting heart rate to determine if it is lower than on pretest 2. Student's fitness post test scores improve over pretest scores 3. Post-test to determine if student can sustain aerobic activity for a longer period of time, within appropriate training levels, than at the course beginning (for example, 45 minutes versus 20 minutes) 4. Instructor evaluation of the student's ability to demonstrate an aerobic routine or activity, independent of instructor prompts 5. Final exam

Equipment

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

Other Instructional Materials

Description	No text required.
Author	No value
Citation	No value
Online Educational Resources	

Textbook Exceptions and Supplementals

Title of Other Material

No Value

Who prepared or published this supplemental material?

No Value

Publish date

No Value

Are any of the textbook editions cited on this proposal considered "Classics" (typically with a publish date more than 5 years old)?

- [ ] Yes
- [x] No
- [ ] Unsure

If yes, explain why this older text is used in the course. Reasons should focus on content only.

No Value

Materials Fees v2

Is there a materials fee for this course?

No

Provide a cost breakdown for all items provided for a materials fee. Each item must become "tangible personal property" of student upon payment of the fee and completion of the course.

No Value

Explain how these materials are related to the Student Learning Objectives for the course.

No Value

Explain how the materials have continuing value outside the classroom.

No Value

Is the amount of the material the student receives commensurate with the fee paid AND with the amount of material necessary to achieve the Student Learning Objectives for the course AND provided as the district's actual cost?

No Value

If no is checked, explain why.

No Value

If the district is NOT the only source of these materials, explain why the students have to pay a fee to the district rather than supply the materials themselves. (Cost savings? Health/Safety? Consistency/Uniformity?)

No Value

Learning Outcomes and Objectives

Course Objectives

Lab Objectives

Identify aerobic movements using proper body mechanics.

Increase aerobic capacity and strength in core muscle groups and flexibility.

Demonstrate in-sync movements to set the body moving through space.

CSLOs

Identify and participate in a continuous basic aerobic workout using proper mechanics of movement. Expected SLO Performance: 0.0

Physical Education KINESIOLOGY, AA-T	Assess measurements and types of movement to evaluate individual performance.
	Consider how the body systems and structures work together to allow movement to occur.
ISLOs Core ISLOs	Students will develop critical and analytical thinking abilities, cultivate creative faculties that lead to innovative ideas, and employ pragmatic problem-solving skills. Students will be able to: Analyze differences and make connections among intellectual ideas, academic bodies of knowledge and disciplinary fields of study. Develop and expand upon innovative ideas by analyzing current evidence and praxis, employing historical and cultural knowledge, engaging in theoretical inquiry, and utilizing methods of rational inference. Utilize the scientific method and solve problems using qualitative and quantitative data. Demonstrate the ability to make well-considered aesthetic judgments.

Evaluate and understand basic fitness and aerobic terminology. Expected SLO Performance: 0.0

Physical Education KINESIOLOGY, AA-T	Assess measurements and types of movement to evaluate individual performance.
ISLOs Core ISLOs	Students will develop skills that aid in lifelong personal growth and success in the workplace. Students will be able to: Identify and assess individual values, knowledge, skills, and abilities in order to set and achieve lifelong personal, educational, and professional goals. Practice decision-making that builds self-awareness, fosters self-reliance, and nourishes physical, mental, and social health. Apply skills of cooperation, collaboration, negotiation, and group decision-making. Exhibit quality judgment, dependability, and accountability while maintaining flexibility in an ever-changing world.
	Students will generate and develop capabilities for creative expression and effective communication. Students will be able to: Articulate ideas through written, spoken, and visual forms appropriately and effectively in relation to a given audience and social context. Utilize interpersonal and group communication skills, especially those that promote collaborative problem-solving, mutual understanding, and teamwork. Mindfully and respectfully listen to, engage with and formally respond to the ideas of others in meaningful ways. Plan, design, and produce creative forms of expression through music, speech, and the visual and performing arts.

Content

Course Content

No value

Lab Content

1. Definitions of terminology appropriate to the course
    1. Cardiorespiratory fitness
    2. Aerobic/anaerobic
    3. Muscle endurance/strength
    4. Flexibility
    5. Components of the work out session
2. Safety precautions
    1. Kinesiological principles of safe movement
    2. Target Heart Training Zone/Perceived Level of Exertion
    3. Doctor's clearance - if necessary
    4. Student identification of at-risk conditions
3. Evaluation
    1. Pre-tests
        1. Resting heart rate
        2. Muscle endurance
        3. Flexibility
        4. Anthropometric measurements
    2. Post-tests
        1. Resting heart rate
        2. Muscle endurance
        3. Flexibility
        4. Anthropometric measurements
    3. Demonstration of an aerobic routine
        1. Generally recognized as safe movements
        2. 30 minutes, continuous
        3. Within target heart training zone
    4. Written terminology and movement principles test

Recommended Course Content

Recommended Course Content

No Value

Recommended Lab Content

No Value

Distance Education (DE) Addendum

Is this course being proposed for Distance Education? If so, select Yes below from the list in the dropdown and complete the questions. If no, select No and skip all questions.

- Yes

Modality Type:

- Hybrid
- Online

Methods of Instruction:

- Asynchronous Discussion
- Synchronous Discussion
- Viewing and Listening to Videos
- Listening to Audio Materials
- Online Activities
- Facilitated Discussions
- Written Assignments
- Reading Course Materials
- Quizzes, Exams, and Surveys
- Multimedia Presentations
- Collaborative Peer/Group Activities
- On-campus Orientation Sessions (hybrid only)
- Group Meetings/Review Sessions (hybrid only)
- Guest Speakers
- Interactive Activities
- Other-Describe in box below

If Other is selected for Methods of Instruction, please describe:

Apps such as Health/Sworkit/Zumba Fitness would be available for students to download via computer and/or IOS/Android phone.

Describe how the methods of instruction selected above will allow students to meet the course's learning outcomes:

By students utilizing the Apps, video, discussions, quizzes, etc., they will demonstrate, identify and participate in a continuous basic aerobic workout using proper mechanics of movement. Students will evaluate and understand basic fitness and aerobic terminology.

Describe how the methods selected will be presented in an accessible way (Title 5 §55206). For information about accessibility standards in online classes, see the OEI Rubric, Section D (Copy this link and paste in a separate browser to visit OEI Rubric: https://onlinenetworkofeducators.org/course-design-academy/online-course-rubric/)

By creating accessible audio, visual and captioned content that minimizes usage of certain color or flashes the students will be able to successfully complete the course.

Regular and Effective Contact (REC) Methods and Examples: Select the methods below that ensure regular effective contact (REC) will take place among students and among students and faculty (Title 5 §55204) by being initiated by the instructor, regular and frequent, and meaningful or of an academic nature. Select the methods of REC that may be used:

No Value

REC Among students: How will students interact with each other in the course? What methods will be used? Check all that apply.

- Discussion Boards
- Q & A Discussion Boards
- Group Projects
- Peer Review
- Third-Party Tools (e.g. FlipGrid, VoiceThread, etc...)
- Social Media

REC Among students and faculty: How will faculty interact with students in the course? What methods will be used? Check all that apply

- Announcements
- Q & A Discussion Boards
- Assignment Feedback
- Office Hours
- Third-Party Tools (e.g. FlipGrid, VoiceThread, etc...)
- Discussion Boards
- The Online Course Syllabus
- Email
- Social Media
- Video Conferencing Technology (e.g. Zoom, MS Teams, etc...)

Other Methods of REC among students and among students and faculty. Please describe and provide example(s).

No Value

In hybrid or teleclass courses, describe what parts of the course are done face-to-face and what parts are done online.

Orientation Meeting (in person or via Confer Zoom) will be done face-to-face. Discussion boards, assignments, quizzes, will be done online.

Checkoff List

Does this proposal meet the five development criteria as stated in the CCCCO Program and Course Approval Handbook (PCAH)?

Yes

Are library resources needed for this course?

No library resources are needed for this course.

Do you have any special concerns/needs or comments? If yes, describe.

No Value

Have you included documentation, if necessary, by uploading file(s) in the Cover Info tab? For example, advisory committee meeting minutes, C-ID descriptor, etc.)

No documentation is necessary

If this is a new course, have you attached the completed class capacity form by uploading the file in the Cover Info tab?

No, this is not a new course

If you are requesting Distance Education, did you complete the DE addendum tab?

Yes

If requesting transferability, have you completed the comparable courses field?

Yes

Add any additional comments you want reviewers to read.

No Value