Modesto Junior College  
Course Outline of Record  
PEC 841

I. OVERVIEW  
The following information will appear in the 2009 - 2010 catalog

PEC-841  Fitness for Life  
0 Unit

Formerly listed as: PEC - 841: Exercise for Special Populations
Exercises designed to modify personal attitudes and actions toward health and physical activity. Exercise modalities may include, but are not limited to, pilates, weight training, aerobics, walking/jogging, and yoga. Course is repeatable - four completions allowed. Field trips are not required. Course is not applicable to the associate degree.

II. LEARNING CONTEXT  
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:

A. COURSE CONTENT

1. Required Content:
   
   A. Safety for individual needs  
   B. Warm-up and stretching procedures designed for each student's individual needs  
   C. Proper performance of exercises to prevent injury  
   D. Use of weight training equipment to increase strength and endurance  
   E. Use of water exercise as a medium for physical improvement  
   F. Stress management through exercise  
   G. Cool-down programs as needed

2. Required Lab Content:
   
   a. Safety techniques and modifications  
   b. Warm-up and stretching  
   c. Proper performance of exercises to prevent injury  
   d. Use of weight training equipment to increase strength and endurance.  
   e. Stress management through exercise.  
   f. Cool down programs

B. HOURS AND UNITS

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Division: Physical, Recreation, & Health Ed.
C. METHODS OF INSTRUCTION (TYPICAL)

Instructors of the course might conduct the course using the following method:

1. Demonstration/description of skills
2. Lecture/group discussion
3. Participation within class by student
4. Group interaction within class among students/teacher

D. ASSIGNMENTS (TYPICAL)

1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**

   *Time spent on coursework in addition to hours of instruction (lecture hours)*

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

2. **EVIDENCE OF CRITICAL THINKING**

   *Assignments require the appropriate level of critical thinking*

   a. Typical in-class activity: Check your resting heart rate.

E. TEXTS AND OTHER READINGS (TYPICAL)

1. Other: Handouts to check maximum heart rate.

III. DESIRED LEARNING

A. **COURSE GOAL**

   *As a result of satisfactory completion of this course, the student should be prepared to:*

   Demonstrate skills that will improve upon one's strength, endurance, flexibility, posture, aerobic capacity, and weight control, through a variety of exercises such as weight lifting, pilates, aerobics, yoga, and will assess the importance of lifelong exercise as a means for enrichment of the total life experience.

B. **STUDENT LEARNING GOALS**

   *Mastery of the following learning goals will enable the student to achieve the overall course goal.*

1. **Required Learning Goals**

   *Upon satisfactory completion of this course, the student will be able to:*

2. **Lab Learning Goals**

   *Upon satisfactory completion of the lab portion of this course, the student will be able to:*

   a. Evaluate and explain the need for a regular exercise program.
   b. Select the type of exercise program that is best suited to their overall fitness needs.
   c. Evaluate and select proper exercises to increase strength and endurance.
   d. Assess the importance of exercise in stress management.
   e. Utilize exercise as a means for enrichment of the total life experience regardless of age.
IV. METHODS OF ASSESSMENT (TYPICAL)