

Northern Marianas College

CURRICULUM ACTION REQUEST

Effective Semester / Session: Fall 2021

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: PE140

Course Title: Physical Fitness

Reason for initiating, revising, or canceling:

This course guide is being modified to meet the required 3-year update and based upon the lack of access to weight equipment.

Denise J. Myers



4/27/21

Proposer

Date



Velma C. Deleon Guerreo

4/27/2021

Department Chair

Date



Adam Walsh

04.27.21

Language & Format Review Specialist

Date

Ajani Burrell



5.3.2021

Academic Council Chair

Date

Charlotte Cepeda



05/03/2021

Dean of Learning & Student Success

Date

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Course Guide

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Course: PE140 Physical Fitness

1. Department

Science, Mathematics, Health and Athletics

2. Purpose

This course is designed to fulfill an individual PE credit for Liberal Arts Health & PE degree emphasis and act as a PE credit for all other Liberal Arts degrees. This course introduces students to the components of health related fitness, improvement in fitness level, and preparation of exercise routines.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required: None

Recommended: None

B. Contact Hours

1. **Lecture:** None
2. **Lab:** None
3. **Other:** 3 per week / 30 per semester

C. Credits

1. **Number:** 1
2. **Type:** Regular Degree Credit

D. Catalogue Course Description

This course emphasizes overall physical fitness development including cardiorespiratory fitness, flexibility, body mass composition, muscular strength and endurance. Individual needs are evaluated by physical fitness testing. The course provides individualized development of fitness and provides students with the ability to develop their own exercise routines. English Prerequisite: EN070/EN071. Mathematics Prerequisite: None. (Offered Fall and Spring)

E. Degree or Certificate Requirements Met by Course

A passing grade in this class will fulfill the physical education requirement for all degree programs that require a physical education course.

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F. Course Activities and Design

This course is a 10-week course that meets 3 days per week in order to comply with US guidelines for physical activity. Class activities will include lectures on the fundamentals and strategies for maintaining a physically fit life such as stretching, proper warm-up and cool-down, safety, various exercises, and nutrition. The majority of the course is participation in various exercises to improve cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, and body composition. Physical fitness testing, circuit training, stretching, and other various activities will be performed. This is designed to prepare students to continue exercising on their own after the course has completed.

4. Course Prerequisite(s); Concurrent Course Enrollment

Prerequisites: EN070/EN071

Concurrent Course Enrollment: None

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN073/EN074

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1-credit course and related institutional fees.

Cost to the College: Salary of instructor (2 credits for full-time SMHA faculty) and cost of instructional resources.

Instructional resources needed for this course include: 5-pound to 10-pound free weights, general gym equipment (cones, jump ropes, and mats), stopwatch, scale, white board and markers, recorded materials, device to play and/or project recorded materials.

6. Method of Evaluation

Student learning will be evaluated on the basis of participation in daily workouts, completion of daily workout journals, pre and post physical fitness test performances, and attendance. NMC's grading and attendance policies will be followed.

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7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Components of Fitness
 - 1.1 Flexibility
 - 1.2 Muscular strength and endurance
 - 1.3 Cardiorespiratory endurance
 - 1.4 Body composition
- 2.0 Principles of Exercise
- 3.0 F.I.T.T. Principle
- 4.0 Weight Management Affected by Diet and Exercise
- 5.0 Heart Measurements
- 6.0 Target Hear Rate Calculations
- 7.0 Physical Fitness Tests
 - 7.1 Methods of evaluation
 - 7.2 The physical fitness testing
 - 7.3 Physical fitness standards

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8. Instructional Goals

The course will introduce students to:

- 1.0 The components of health-related physical fitness;
- 2.0 Conditioning activities;
- 3.0 Increased cardiovascular and muscular fitness via physical fitness testing;
- 4.0 Individual target heart rates;
- 5.0 The techniques to safely develop muscular strength and cardiovascular endurance;
- 6.0 The difference between aerobic and anaerobic exercises;
- 7.0 The guidelines regarding frequency, intensity, type, and time of aerobic exercise;
- 8.0 Development of an appropriate personal exercise program; and
- 9.0 Diet and exercise's effect on weight management.

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9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Identify the components of health-related physical fitness;
- 2.0 Perform selected exercises safely;
- 3.0 Improve cardiovascular and muscular fitness;
- 4.0 Calculate individual target heart rate;
- 5.0 Identify techniques to safely develop muscular strength and cardiovascular endurance;
- 6.0 Explain the difference between aerobic and anaerobic exercises;
- 7.0 Define the guidelines regarding frequency, intensity, type, and time of exercise;
and
- 8.0 Develop an appropriate personal exercise program.

10. Assessment Measures of Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Journals;
- 2.0 Pre and Post Course Fitness Performance;
- 3.0 Student Participation in Daily Workouts; and
- 4.0 Final Exam.