

6/13/2023 DATE

 REQUIRED COURSE  
 ELECTIVE COURSE

 SSE \_\_\_\_\_ DIVISION \_\_\_\_\_  
 NEW COURSE  
 REVISION

## Lake Land College

### Course Information Form

COURSE NUMBER: PED-209		TITLE: (30 Characters Max) Aerobic Fitness			
SEM CR HRS: 2	Lecture: 2	Lab: 0	ECH: 2		
Course Level:	<input type="checkbox"/> Gen Ed / IAI	<input type="checkbox"/> Career/Technical	Clinical Practicum: 0	SOE/ Internship: 0	SOE ECH: 0
	<input checked="" type="checkbox"/> Baccalaureate /Non-IAI	<input type="checkbox"/> Dev Ed/ Not in Degree Audit			
COURSE PCS #	11 31.0501	IAI Code	Contact Hours (Minutes Per Week)		
Repeatable (Y/N): Y	Pass/Fail (Y/N): N	Variable Credit (Y/N):	Min:	Max:	16 Wks 100 8 wks 200
Prerequisites:					
Catalog Description: (40 Word Limit)		Class is designed to teach basic skills, rules and regulations, and to allow students to participate in weight training and cardiovascular activities. Student will be given a grade according to the number of minutes performed in the semester.			

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Non-Clinical Internship/ SOE
Introduction to the Student Fitness Center	1			
Orientation and Evaluation	1			
Physical Activity	28			
<b>TOTAL</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>0</b>

#### EVALUATION

QUIZZES <input type="checkbox"/>	EXAMS <input type="checkbox"/>	ORAL PRES <input type="checkbox"/>	PAPERS <input type="checkbox"/>
LAB WORK <input checked="" type="checkbox"/>	PROJECTS <input type="checkbox"/>	COMP FINAL <input type="checkbox"/>	OTHER <input checked="" type="checkbox"/> attendance

#### COURSE MATERIALS

TITLE:	
AUTHOR:	
PUBLISHER:	
VOLUME/EDITION/URL:	
COPYRIGHT DATE:	

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		<i>The student will be able to:</i>
Introduction to the Student Fitness Center	1	Student will be introduced to the operation of the Student Fitness Center.
Orientation and Evaluation	1	Student will be introduced to each machine and how to properly use each one. Dress attire, rules and regulations of the Student Fitness Center will also be discussed.
Physical Activity	28	All exercise and physical activity must take place in the Student Fitness Center under the supervision of the Student Fitness Center staff.
		<b>Note:</b> Any class using the Student Fitness Center as a lab must be supervised by the instructor at all times.
	<b>30</b>	

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	<ul style="list-style-type: none"> <li>• The student will exercise and log minutes in the Student Fitness Center to achieve the desired grade based on the grading scale.</li> </ul>


\* Course Outcomes will be used in the Assessment Software for Outcomes Assessment. Limit to 3 - 5.