

6/13/2023 DATE

 REQUIRED COURSE
 ELECTIVE COURSE

 SSE _____ DIVISION _____
 NEW COURSE
 REVISION

Lake Land College

Course Information Form

COURSE NUMBER: PED-210		TITLE: (30 Characters Max) Aerobic Fitness (Pass/Fail)		
SEM CR HRS: 2	Lecture: 2	Lab: 0	ECH: 2	
Course Level:	<input type="checkbox"/> Gen Ed / IAI <input checked="" type="checkbox"/> Baccalaureate /Non-IAI	<input type="checkbox"/> Career/Technical <input type="checkbox"/> Dev Ed/ Not in Degree Audit	Clinical Practicum: 0	SOE/ Internship: 0 SOE ECH: 0
COURSE PCS #	11 31.0501	IAI Code		Contact Hours (Minutes Per Week)
Repeatable (Y/N): Y	Pass/Fail (Y/N): Y	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 cardio vascular activities. Pass or Fail will be given at the end of the semester.				

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Non-Clinical Internship/ SOE
Introduction to Fitness Center	1			
Orientation and Evaluation	1			
Circuit Training	28			
TOTAL	30	0	0	0

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 Fitness Center	1	Student will be introduced to the operation of the 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 Fitness Center will also be discussed.
Circuit Training	28	Student will begin with a five minute warm up, 45 minute workout, and a five minute cool down period.
Insert New Line Above this Line		
	30	

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	<ul style="list-style-type: none"> • To log minutes and achieve the desired grade based on the grading scale.

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