

Los Angeles Trade-Technical College

NON-CREDIT COURSE OUTLINE

SECTION I - BASIC COURSE INFORMATION

DATE: 05/18/17

SELECT ONE: New Course Course Update Course Change Course Reinstate

DEPARTMENT NAME AND NUMBER: Noncredit (Health and Related Exercise Sciences)

SUBJECT/DISCIPLINE NAME (CB01): VOC ED

COURSE NUMBER: 214CE

COURSE TITLE (CB02): Advanced Lifelong Fitness Center
Max 68 characters including punctuation and spaces

COURSE CATALOG DESCRIPTION -- Provide a brief description of the course, including an overview of the topics covered:

Checklist:

- Course number and title
- Status (noncredit versus credit or others)
- A content/objective description, a short paragraph (course description) that provides a well-developed overview of topics covered. It should be thorough enough to establish the comparability of the course to those at other colleges and to convey the role of the course in the curriculum as well as to distinguish it from other courses at the college. It should be brief enough to encourage a quick read. To save space, many colleges use phrases rather than complete sentences. For noncredit courses that may lead to credit courses, it is a good idea to consider the catalog descriptions for the common receiving programs or institutions to promote a logical pathway for students intending this route.
- Course type (lecture, lab, activity, special topics, etc.), and contact hours
- Fulfills a certificate of completion, competency or high school graduation requirements

Orientation to fitness and lifelong health for students to achieve and help others to achieve goals of lifelong fitness. This course includes discussion on importance of pre-test fitness tests which includes cardio respiratory endurance, muscle endurance, flexibility, body composition (% fat), and muscle strength. Students will learn to implement and develop personal exercise programs and will learn about diet and exercise, cholesterol screening, breast health and cancer, weight management, and stress management.

- Ability to articulate or prepare for credit coursework

JUSTIFICATION/NEEDS & PURPOSE OF COURSE:

Enter a brief description of the background and rationale for the course. This might include a description of a degree or certificate for which the course is required or the relationship of this course to other courses in the same or other disciplines. Please note that a justification stating

The need to understand how to successfully use fitness equipment and develop lifelong fitness plans is important to the success of anyone entering the kinesiology, health, nutrition and/or recreation fields. This course help individuals become more comfortable with the environment and teaches them how to develop plans that will benefit people.

"student need" will not suffice.

References:

CCCCO Program and Course Approval Handbook, Fifth Edition- 2013, pp 186-195
ASCCC The Course Outline of Record: A Curriculum Reference Guide, pp 42 – 58, 2008
05/04/17

CLASS HOURS: Under "total hours per term," indicate the total number of hours the average student will need to complete the course objectives in section II. To determine the number of standard hours per week, divide the total hours by 18.

	Total Hours per term	Standard Hours per week (total hours per term divided by 18 weeks)
Lecture hours:		
Lab hours:	54	3
Total hours:	54	3

REPEATABILITY (Number of times the course can be repeated): 9

How does the repetition of this course meet Title 5, section 58161 requirements? A course may be repeatable when, "course content differs each time it is offered, and that the student who repeats it is gaining an expanded educational experience for one of the following reasons: (A) Skills or proficiencies are enhanced by supervised repetition and practice within class periods; or (B) Active participatory experience in individual study or group assignments is the basic means by which learning objectives are obtained."

LIMITATIONS ON ENROLLMENT (see [Title 5, section 58106](#) for policy on allowable limitations. Other

appropriate statutory or regulatory requirements may also apply):

TOP CODE (CB03): 0835.10

Category/TOP Code: (* denotes a Valid Top Code that is also in alignment with the Basic Skills Initiative (BSI) definition of a basic skills course)

- English as a Second Language (ESL): 493084*, 493085*, 493086*, 493087*, 493100*
- Immigrant Education: 220120, 220500, 220700, 493090*
- Elementary and Secondary Basic Skills: 150100*, 152000*, 170100*, 170200, 493009*, 493014, 493030, 493031, 493032, 493033, 493060*
- Health & Safety: 083510, 083570, 083580, 083700, 089900, 129900
- Substantial Disabilities: ANY TOP Code
- Parenting: 130500-130590, 130800
- Home Economics: 130100-139900
- Courses for Older Adults: ANY TOP Code
- Short-Term Vocational: ANY VOCATIONAL TOP Code
- Workforce Preparation: ANY VOCATIONAL TOP Code or 493010, 493011, 493012, 493013, 493072

TRANSFER STATUS (CB05):

Other than English, writing, ESL, reading and mathematics courses, most noncredit courses are C (Not transferable)

A (Transferable to both UC and CSU) Transferable to CSU only C (Not transferable)

References:

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PRIOR TRANSFER LEVEL (CB21):

This element indicates course level status for English, writing, ESL, reading and mathematics courses.

- Y (Not applicable)
- A (One level below transfer) B (Two levels below transfer)
- C (Three levels below transfer) D (Four levels below transfer)
- E (Five levels below transfer) F (Six levels below transfer)
- G (Seven levels below transfer) H (Eight levels below transfer).

Student Accountability Model (SAM) Code (CB09):

- A – Apprenticeship B - Advanced Occupational C - Clearly Occupational
- D – Possibly Occupational E- Non-occupational

SAM Code:

- A - Apprenticeship: Courses designed for an indentured apprentice, which must have the approval of the State of California, Department of Industrial Relations, Division of Apprenticeship p Standards.
- B - Advanced Occupational: Courses taken by students in the advanced stages of their occupational programs. Courses should be offered in one specific occupational area.
- C - Clearly Occupational: Courses generally taken by students in the middle stages of their programs, which should be of difficulty level sufficient to detract "drop-ins." Courses may be offered in several occupational programs within a broad area. The "C" priority, however, should also be used for courses within a specific program area when the criteria for "B" classification are not met. A "C" level course should provide the student with entry-level job skills.
- D – Possibly Occupational: "D" courses are those taken by students in the beginning stages of their occupational programs. The "D" priority can also be used for service (or survey) courses for other occupational Programs.
- E- Non-occupational.

BASIC SKILLS STATUS (CB08):

Title 5, section 55502(d) defines "basic skills as "courses in reading, writing, computation, and English as a Second Language which are designated as non-degree credit courses pursuant to Title 5, section 55002(b)."

- Basic Skills Course Not a Basic Skills Course

COURSE CLASSIFICATION STATUS (CB11):

This field identifies courses eligible for enhanced funding. Noncredit courses will have a value of J or K if they are part of an approved Career Development and College Preparation (CDCP) program. Noncredit courses that are not part of an approved program will have a value of L until the program is approved.

- J -Workforce Preparation Enhanced Funding
- K - Other Noncredit Enhanced Funding
- L - Non-Enhanced Funding

NONCREDIT CATEGORY (CB22):

** Categories qualify for enhanced funding, as long as they are a part of an approved CDCP program.

- A (English as a Second Language (ESL)**) B (Immigrant Education)
- C (Elementary and Secondary Basic Skills)** X D (Health and Safety)
- E (Substantial Disabilities) F (Parenting)
- G (Home Economics) H (Courses for Older Adults)
- I (Short Term Vocational)** J (Workforce Preparation)**

References:

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PROGRAM STATUS (CB24):

- Program Applicable Not Program-Applicable

APPROVED SPECIAL CLASS (CB13): Title 5 section 56028.

- S (designated as an approved special class for disabled students) N (not a special class)

SPECIAL CHARACTERISTIC(S) (if applicable):

- Learning Assistance (a form of supplemental instruction)
- Bilingual Instruction (a system of instruction that builds upon the language skills of a pupil whose primary language is not English or derived from English)
- Convalescent Setting (a course taught in a convalescent home, skilled nursing facility, residential care home, day care center, or nursing home)
- Correctional Facility (a course taught either at or through a federal, state, or local correctional institution)
- Apprenticeship (a course that provides related and supplemental instruction for apprenticeship and coordination of instruction with job experience, upon agreement with the program sponsor/employer and the California Division of Apprenticeship Standards)
- Persons of Substantial Disabilities (a course designed to serve persons with substantial disabilities)
- Citizenship for Immigrants (a course designed to provide instruction and services in citizenship)

PREREQUISITES, COREQUISITES or ADVISORIES:				
Select One	Subject	Number	Course Title	Units
<input type="checkbox"/> Prerequisite <input type="checkbox"/> Corequisite <input type="checkbox"/> Advisory				
<input type="checkbox"/> Prerequisite <input type="checkbox"/> Corequisite <input type="checkbox"/> Advisory				
<input type="checkbox"/> Prerequisite <input type="checkbox"/> Corequisite <input type="checkbox"/> Advisory				

SECTION II - COURSE CONTENT AND OBJECTIVES

COURSE CONTENT AND OBJECTIVES Outline the topics included in the lab portion of the course (*Outline reflects course description, all topics covered in class*). Add more lines as needed.

• The content element contains a complete list of all topics to be taught in the course. The list should be arranged by topic with sub-headings. Content items should be subject based.

• Objectives: (Include Total Hours for each Topic), should be stated in terms of what students will be able to do, should clearly connect to achievement of the course goals, should be concise but complete: ten objectives might be too many; one is not enough, should use verbs showing active learning, theory, principles, and concepts must be adequately covered. Skills and applications are used to reinforce and develop concepts, each objective should be broad in scope, not too detailed, narrow, or specific.

Lecture Content:	Hours per topic	Objectives:
Total Hrs:		

Lab Content:	Hours per topic	Objectives:
Orientation to Fitness Center Facility		Students will compare and contrast their fitness assessments with accepted norms.
The importance of Pre-testing, medical history questionnaires and risk factor assessments.		
Use of resting blood pressure, resting pulse rate, body fat and body weight and how to measure each.		Students will organize the fitness assessment data into an individual fitness profile to be used in designing a personalized exercise program.
Types of Pre-test fitness assessment: Cardiorespiratory endurance Muscle endurance Flexibility Body composition Muscle strength		Students will use the exercise program to meet specific goals.
Practical supervised workout including warm-up, circuit, flexibility exercises and cool down.		
Development of personal exercise program. Handouts on current fitness issues such as: Diet & exercise Cholesterol screening Breast health & cancer Weight management Stress management		
The importance of post testing fitness assessment.		
Final written exam.		

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Individual consultations, goal setting for next semester.		
Total Hrs:		

INSTRUCTION AND EVALUATION, add more lines as needed.	
<p>• Methods of Instruction - The focus should be about describing what the students will be doing and experiencing, not only with respect to the instructor, but in some cases with respect to each other and with their environment. The methods of instruction used are appropriate to the objectives. If an objective is to "physically perform," then lecture as the sole method for learning is not enough. The assignments and methods of instruction and evaluation must be appropriate to the stated objectives.</p> <p>• Methods of Evaluation - The bases for evaluating assignments are given, and relate to skills and abilities in objectives. Knowledge of required material should constitute a significant portion of the evaluation as reflected in assignments and methods of evaluation. Please note that while noncredit courses do not produce grades that would be "credited" into a student record, this in no way obviates the critical need for the course design to comprehensively include student evaluation and feedback.</p>	
Methods of Instruction	Methods of Evaluation
Discussion	

LEARNING OUTCOME INFORMATION	
<p>Student Learning Outcomes: Upon successful completion of this course, the student will be able to <i>(Use action verbs - see Bloom's Taxonomy for 'action verbs requiring cognitive outcomes.'</i>) (MAXIMUM OF 3 OUTCOMES)</p>	<p>How will these student learning outcomes be assessed? <i>(Explain how each outcome will be assessed in this column):</i></p>

Required Text(s):

Texts and instructional materials should be completely referenced: author, title, publisher, and date.

CIRCUIT TRAINING FOR ALL SPORTS, M. Scholich, P. Klavora, L. Paul, 2000

Supplementary Readings:

Class handouts, fitness publications.

Required Writing:

Fitness training log, body weight graph, pre/post body measurements log

Assignments and/or Other Activities:

The assignments should be presented in a manner that reflects both integration with the stated objectives and a likelihood that they will lead to students achieving those objectives. It is clear that there are student performance expectations, that these are taught in class, practiced through various assignments, and evaluated as the basis for any feedback or potential certification.

Observing a variety of fitness activities

Supplies needed:

This section should also include any required materials or other equipment such as a sports item, lab equipment, tools, art materials or anything else the student must have to participate effectively in the course.

Exercise attire.

SECTION III – SUPPORT NEEDED

Indicate how the college plans to support the proposed course:

Additional Staff needed: N/A

Classroom type needed: N/A

Equipment needed: (List new equipment needed and indicate funding source for any new equipment)

N/A

Supplies needed: N/A

Library/Learning Resources – (List Library and Learning Resources needed, including the cost and funding source for needed resources)

N/A

References:


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ASCCC The Course Outline of Record: A Curriculum Reference Guide, pp 42 – 58, 2008

COLLEGE APPROVALS:

Joseph Ratcliff 
Originator 9-5-17
Date

Joseph Ratcliff 
Department Chair 9.5.17
Date

Leticia Barajas 
Dean 9/10/2017
Date

Alicia - Rodriguez-Estrada 
Curriculum Chair 9/5/2017
Date

Martin Diaz 
Academic Senate President 9/8/17
Date

Leticia Barajas 
Vice President, Academic Affairs 9/6/17
Date