Lassen Community College Course Outline

PEAC 32D Fitness Center 1.0 Units

I. Catalog Description

Instruction in and application of physical fitness principles. Students will engage in a physical conditioning program with an emphasis in body toning, flexibility, weight control, cardiovascular development and muscular strength and endurance using equipment in the fitness center. This course has been approved for online and hybrid delivery for emergency use only.

Diversity Statement

Diversity is a strength. We work hard to remove barriers, so everyone has equal opportunities. We create a safe, welcoming classroom where all the differences are valued. By sharing our unique perspectives, we help each other learn and grow as a caring educational community.

Recommended Preparation: A physical examination is recommended if the student has medical problems or is over the age of 30 .

Additional Course Information

Transfer Status:

- CSU/UC
- Local GE Area: N/A
- Cal-GETC Area: N/A

Total Number of Hours by Instructional Method:

- 48-54 Lab Hours
- 0 Outside of Class Hours,
- 48-54 Total Hours of Instruction
- Scheduled: Fall, Spring

II. Coding Information

- Repeatability: Not Repeatable, Take 1 Time
- Grading Option: Student's Choice of Graded or Pass/No Pass
- Credit Type: Credit - Degree Applicable
- TOP Code: 083500
- CIP Code: 310501
- SAM Code:
  ☐ A-Apprenticeship
  ☐ B-Advanced Occupational
  ☐ C-Clearly Occupational
  ☐ D-Possibly Occupational
  ☒ E-Non-Occupational

III. Course Objectives

Course Student Learning Outcomes

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

1. Implement and participate in a lifelong physical fitness program that addresses flexibility, muscular strength, and cardiovascular endurance

Course Objectives

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

1. Demonstrate knowledge of health-related components of physical fitness
2. Demonstrate understanding of the role of repetitions and sets in weight training programs.
3. Demonstrate ability to perform active static flexibility exercises for major muscle groups.
4. Demonstrate ability to use cardiovascular machines: treadmill, Stairmaster, elliptical, recumbent and spinner bicycles.
5. Demonstrate ability to use each individual universal weight station for beginning strength training.
6. Identify personal fitness or physical health weaknesses based on fitness assessments.
7. Follow a personalized fitness plan designed by the instructor to improve fitness or physical health weaknesses.

IV. Course Content

A. Outline of Topics

1. Health-related Components of Physical Fitness
    a. Cardiorespiratory endurance
    b. Muscular strength/muscular endurance
    c. Flexibility
    d. Body composition
2. Introduction to Fitness Center
    a. Cardiovascular machines, universal weight machines, free weights
    b. Safety within room and during exercise
    c. Fitness cards and clock
3. Fitness Assessments
    a. Height & weight, body fat percentage, muscular strength/endurance
    b. Flexibility
    c. Body dimensions measurements
4. Exercises
    a. Active static stretching, treadmill, Stairmaster, bicycles
    b. Universal weight machine exercises
5. Personalized Fitness Plans
    a. Evaluate assessment results, identify fitness weaknesses
    b. Consider all health components
    c. Instructor-designed plan, follow the individual plan
    d. Follow-up assessments mid and post-semester

V. Assignments

Appropriate Readings

- Instructor handouts

Writing Assignments

- Pre-Post Fitness Testing
- Goal-setting worksheet
- Heart rate testing worksheet
- Weight and Cardiovascular workout sheets

Expected Outside Assignments

- N/A

Specific Assignments that Demonstrate Critical Thinking

- The student will analyze fitness assessment results and formulate appropriate fitness goals. The student will demonstrate the proper selection and application of exercises for personal fitness goals.

VI. Universal Design for Learning Principles

Definitions and/or examples of UDL methods can be found in the Curriculum Handbook.

☒ Multiple Means of Engagement
☒ Multiple Means of Representation
☒ Multiple Means of Action and Expression

VII. Representative Texts and Supplies

N/A

VIII. Disciplines

Physical Education

IX. Course Status

1. Current Status: Active
2. Original Approval Date: 5/15/1990
3. Course Originator:
4. Board Approval Date: 1/13/2026
5. Chancellor's Office Approval Date:
6. Revised By: Carrie Nyman
7. Curriculum/Academic Standards Committee Revision Date: 12/2/2025
8. See the following page for Methods of Evaluation and Methods of Delivery.

X. Methods of Evaluation

List general evaluation methods. Handbook Descriptions

☒ Traditional Evaluation
☐ Correspondence Evaluation
☒ Hybrid Evaluation
☒ Online Evaluation
☐ Other (Please List):

Traditional Evaluation
Term paper (topic choice, thesis statement, outline, bibliography, rough draft, final draft), homework, classroom discussion, essay, journals, lab demonstrations and activities, multiple choice quizzes, and participation.

Hybrid Evaluation
Quizzes and exams could be administered in person and/ or online. Students will be expected to complete online assignments and activities equivalent to in-class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

Online Evaluation
A variety of methods will be used, such as research papers, asynchronous and synchronous (chat/forum) discussions, online quizzes and exams, posting to online website and email communications using the districts approved learning management system.

XI. Methods of Delivery

Check those delivery methods for which this course has been separately approved by the Curriculum/Academic Standards Committee. Handbook Descriptions

☒ Traditional Classroom Delivery
☐ Correspondence Delivery
☒ Hybrid Delivery
☐ Hybrid With Lab Delivery
☒ Online Delivery

Traditional Classroom Delivery
Lecture, discussion, audio/visual aids, demonstration, group exercises, guest speakers, lab, individualized programs and other as needed.

Hybrid Delivery
A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 17 hours, or 1/3 of the instruction hours, will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction could consist of exercises/assignments, lectures, visual aids, practice exercises, exams and quizzes. Online delivery could consist of exercises/assignments, lecture posts, discussions, exams and quizzes, adding extra resources and other media sources as appropriate.

Online Delivery
A variety of methods will be used, such as research papers, asynchronous and synchronous (chat/forum) discussions, online quizzes and exams, posting to online website and email communications using the districts approved learning management system.