

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** PE - 378B2

2. **Title:** Term and Burn

3. **Cross Reference:**

4. **Units:** 0.5

Lec Hrs:

Lab Hrs: 2

5. **Repeatability:** Yes Times:3

6. **Grade Options:** Letter Grade, May
Petition Credit/No Credit (GC)

7. **Degree/Applicability:**

Credit, Degree Applicable, Transferable -
CSU (T)

8. **General Education:** District General
Education (Plan A)

V-A. Physical Education

9. **Field Trips:** Not Required

10. **Requisites:**

Advisory

Medical check within last year.

12. Catalog Description:

Combine an active workout on a stationary cycle with a review of medical terminology and you have Term and Burn. Each class will review anatomical, physiological, and scientific vocabulary combined with a heart-thumping, cardiovascular workout. This class is appropriate for students in the PTA, RT, and Nursing programs, as well as those with an interest in Physical Education, Personal Training or a career in the fitness industry.

13. Class Schedule Description:

Combine an active workout on a stationary cycle with a review of medical terminology for a true mind and body workout.

14. Counselor Information:

This class can be used toward the fulfillment of the PE requirement for the AA degree. This class is appropriate for students in the PTA, RT, and Nursing programs, as well as those with an interest in Physical Education, Personal Training or a career in the fitness industry.

II. Student Learning Outcomes

The student will:

1. Develop a working knowledge of common medical terminology.
2. Identify the benefits of physical fitness and cardiovascular health.
3. Demonstrate improvement in cardiovascular health.

III. Course Outline:

A. Bike set up and safety

B. Proper cycle technique

1. Seated sprints
2. Standing sprints
3. Seated hill climb
4. Standing hill climb
5. Jumps

- C. Cadence and resistance variables
- D. Root words
- E. Terminology
 - 1. Musculoskeletal System
 - 2. Excretory System
 - 3. Nervous System
 - a. Benefits of Stress Reduction
 - 4. Cardiorespiratory System
 - a. Benefits of Fitness
 - 5. Digestive System
 - 6. Endocrine System
 - a. Stress hormones and effects on health
 - 7. Terms of location and position
 - 8. The fundamental planes of the body
 - 9. Component units
 - a. Cells
 - b. Tissues
 - c. Organs

IV. **Course Assignments:**

A. Reading Assignments

- 1. Articles as assigned

B. Projects, Activities, and other Assignments

C. Writing Assignments

- 1. Written self assessment at the beginning and end of the semester based on pre and post testing.

V. **Methods of Evaluation/Assessment:**

- A. Pre and post testing will determine improvement in cardiorespiratory conditioning.
- B. Pre and post testing will determine improvement in working knowledge of medical terminology.
- C. Written self-evaluation of testing results outcomes.
- D. Written quizzes covering medical terminology, benefits of fitness, benefits of stress reduction and cycle set up.

VI. **Methods of Instruction:**

- A. Demonstration
- B. Collaborative Learning
- C. Laboratory
- D. Discussion

VII. **Textbooks:**

Required

Optional

VIII. **Supplies:**

- A. Towel
- B. Water bottle

