

Clackamas Community College

Online Course/Outline Submission System

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Section #1 General Course Information**Department:** Health/PE**Submitter**

First Name: Tracy

Last Name: Nelson

Phone: 3274

Email: tracyn

Course Prefix and Number: PE - 294**# Credits:** 1**Contact hours**

Lecture (# of hours):

Lec/lab (# of hours):

Lab (# of hours): 33

Total course hours: 33

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

Course Title: Professional Activities**Course Description:**

Advanced team skills and strategy courses. Designed to provide the student with basic skills and methodology necessary to conduct physical fitness programs in the school, corporate, and community setting. Emphasis is placed on fitness concepts, techniques of weight training and aerobic exercises to encourage life-long physical activity. Course offerings are: basketball, softball, volleyball, cross-country, track and field, soccer, and wrestling.

Type of Course: Lower Division Collegiate

Is this class challengeable?

No

Can this course be repeated for credit in a degree?

No

Is general education certification being sought at this time?

No

Does this course map to any general education outcome(s)?

No

Is this course part of an AAS or related certificate of completion?

No

Are there prerequisites to this course?

No

Are there corequisites to this course?

No

Are there any requirements or recommendations for students taken this course?

No

Are there similar courses existing in other programs or disciplines at CCC?

No

Will this class use library resources?

No

Is there any other potential impact on another department?

No

Does this course belong on the Related Instruction list?

Yes

Area: Physical Education/Health

GRADING METHOD:

A-F or Pass/No Pass

Audit: Yes

When do you plan to offer this course?

Not every term

Is this course equivalent to another?

If yes, they must have the same description and outcomes.

No

Will this course appear in the college catalog?

No

Will this course appear in the schedule?

Yes

Student Learning Outcomes:

Upon successful completion of this course, students should be able to:

1. demonstrate their understanding of basic skills and methodology necessary to conduct a safe fitness program,
2. demonstrate basic knowledge and implementation of fitness testing.

This course does not include assessable General Education outcomes.

Major Topic Outline:

1. Pre/Post Fitness Tests.
 - a. Strength and Cardiovascular Training.
 - b. Flexibility.
 - c. Body Composition.
2. Principles of conditioning.
3. Injury prevention.
4. Nutrition and Performance

Does the content of this class relate to job skills in any of the following areas:

- | | |
|--------------------------------------|-----------|
| 1. Increased energy efficiency | No |
| 2. Produce renewable energy | No |
| 3. Prevent environmental degradation | No |
| 4. Clean up natural environment | No |
| 5. Supports green services | No |

Percent of course: 0%

Section #2 Course Transferability

Concern over students taking many courses that do not have a high transfer value has led to increasing attention to the transferability of LDC courses. The state currently requires us to certify that at least one OUS school will accept a new LDC course in transfer. Faculty should communicate with colleagues at one or more OUS schools to ascertain how the course will transfer by answering these questions.

1. Is there an equivalent lower division course at the University?
2. Will a department accept the course for its major or minor requirements?
3. Will the course be accepted as part of the University's distribution requirements?

If a course transfers as an elective only, it may still be accepted or approved as an LDC course, depending on the nature of the course, though it will likely not be eligible for Gen Ed status.

Which OUS schools will the course transfer to? (Check all that apply)

Identify comparable course(s) at OUS school(s)

How does it transfer? (Check all that apply)

:

First term to be offered:

Next available term after approval

:
