

Clackamas Community College
Online Course/Outline Submission System

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Section #1 General Course Information

Department: Skills Development

Submitter

First Name: Lisa
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Course Prefix and Number: ASE - 058

Credits: .5

Contact hours

Lecture (# of hours):
Lec/lab (# of hours): 60
Lab (# of hours):
Total course hours: 60

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: Physical Education II

Course Description:

Presents a broad perspective of physical fitness including how to pursue and maintain a health enhancing level of physical fitness. Identifies the basic principles of fitness development, and how fitness and sports impact other cultures. Required: Student Petition. This course carries high school level credit only.

Type of Course: Developmental Education

Can this course be repeated for credit in a degree?

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?

Yes

Recommendations:

Requirements: Student Petition

Will this class use library resources?

Yes

Have you talked with a librarian regarding that impact?

No

Is there any other potential impact on another department?

No

Does this course belong on the Related Instruction list?

No

GRADING METHOD:

Pass/No Pass Only

Audit: Yes

When do you plan to offer this course?

- ✓ **Summer**
- ✓ **Fall**
- ✓ **Winter**
- ✓ **Spring**
- Not every term
- Not every year

Will this course appear in the college catalog?

Yes

Will this course appear in the schedule?

Yes

Student Learning Outcomes:

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

1. develop a high school level personal physical activity plan based on an accurate fitness assessment;
2. identify and apply the basic principles of fitness development;
3. evaluate high school level personal factors that impact participation;
4. set personal activity goals and work toward achieving them;
5. analyze and evaluate the role that physical activity and sports play other cultures.

This course does not include assessable General Education outcomes.

Major Topic Outline:

1. Accurate fitness assessments,
2. Basic principles of fitness development,
3. Issues impacting participation,
4. Personal goal setting
5. Broad role of fitness and sport in our world.

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%

First term to be offered:

Next available term after approval

:
