

# Northern Marianas College

## CURRICULUM ACTION REQUEST

Course: PE140 Physical Fitness

**Effective Semester / Session:** Spring 2025

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

**Course Alpha and Number:** PE140

**Course Title:** Physical Fitness

**Reason for initiating, revising, or canceling:**

This course guide is being modified to meet the required 3-year update. Minor changes were made to keep the course content and terminology up to date with the fitness industry trends.

Denise J. Myers



9.17.24

Proposer

Date

Velma C. Deleon Guerrero

9/18/2024

Department Chair

Date

Adam Walsh



09.16.24

Language & Format Review Specialist

Date

Velma C. Deleon Guerrero

9/18/2024

Academic Council Chair

Date

Lorraine Maui

  
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18/09/24

Dean of Learning & Student Success

Date

Course: PE140 Physical Fitness

### 1. Department

Science, Mathematics, Health & Athletics

### 2. Purpose

This course is designed to fulfill an individual PE credit for a Liberal Arts Kinesiology degree emphasis and to serve as a PE credit for all other Liberal Arts degrees. The course introduces students to components of health-related fitness, improves students' fitness levels, and prepares them to create their own exercise routines so they can remain active for a lifetime.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

Required: None

Recommended: None

#### B. Contact Hours

1. **Lecture:** None
2. **Lab:** None
3. **Other:** 3 per week / 30 per semester

#### C. Credits

1. **Number:** 1
2. **Type:** Regular Degree Credits

#### D. Catalog Course Description

This course emphasizes overall physical fitness development including cardiorespiratory fitness, flexibility, body composition, and muscular strength and endurance. Individual needs are evaluated via physical fitness testing. The course provides individualized development of fitness and provides students with the ability to develop their own exercise routines. English Prerequisite: EN070/EN071. Mathematics Prerequisite: None. (Offered Fall and Spring)

#### E. Degree or Certificate Requirements Met by Course

A passing grade in this class will fulfill the physical education requirement for all degree programs that require a physical education course.

#### F. Course Activities and Design

This course is a 6-10 week course meeting three days per week to adhering to the U.S. physical activity guidelines for Americans. Class activities include lectures on the fundamentals and strategies for maintaining physical fitness, such as stretching, proper warm-up and cool-down techniques, safety, and various exercises. The majority of the course involves participation in exercises to

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improve cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, and body composition. Physical fitness testing, circuit training, stretching, and various other activities will be performed. This is designed to prepare students to continue exercising on their own after the course is completed.

#### **4. Course Prerequisite(s); Concurrent Course Enrollment**

Prerequisites: EN070/EN071

Concurrent Course Enrollment: None

#### **Required English/Mathematics Proficiency Level(s)**

English Placement Level: EN073/EN074

Mathematics Placement Level: None

#### **5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 1-credit course and related institutional fees.

Cost to the College: Instructor's salary (2 credits for full-time SMHA faculty) and cost of instructional resources.

Instructional resources needed for this course include: 5-pound to 10-pound free weights, general gym equipment (cones, jump ropes, and mats), stopwatch, scale, white board and markers, recorded materials, device to play and/or project recorded materials.

#### **6. Method of Evaluation**

Student learning will be evaluated on the basis of participation in daily workouts, completion of daily workout journals, pre and post physical fitness test performances, and attendance. NMC's grading and attendance policies will be followed.

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**7. Course Outline**

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Components of Fitness
  - 1.1 Flexibility
  - 1.2 Muscular strength
  - 1.3 Muscular endurance
  - 1.4 Cardiorespiratory endurance
  - 1.5 Body composition
- 2.0 Principles of Exercise
- 3.0 F.I.T.T. Principle
- 4.0 Weight Management Affected by Diet & Exercise
- 5.0 Heart Measurements
- 6.0 Target Hear Rate Calculations
- 7.0 Physical Fitness Tests

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**8. Instructional Goals**

The course will introduce students to:

- 1.0 The components of health-related physical fitness;
- 2.0 Conditioning activities;
- 3.0 Improved fitness;
- 4.0 Target heart rate calculations;
- 5.0 Proper form for safe exercise
- 6.0 The difference between aerobic and anaerobic exercises;
- 7.0 Guidelines regarding the Frequency Intensity Time Type or F.I.T.T. principles;
- 8.0 Development of an appropriate personal exercise program; and
- 9.0 Diet and exercise's effect on weight management.

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**9. Student Learning Outcomes**

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

- 1.0 Identify the components of health-related physical fitness;
- 2.0 Perform exercises safely;
- 3.0 Improve health related fitness;
- 4.0 Calculate target heart rate;
- 5.0 Explain the difference between aerobic and anaerobic exercises;
- 6.0 Utilize the Frequency Intensity Time Type or F.I.T.T. principle to journal fitness journey; and
- 8.0 Develop an appropriate personal exercise program.

**10. Assessment Measures of Student Learning Outcomes**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Journals;
- 2.0 Pre and Post Course Fitness Performance;
- 3.0 Student Participation in Daily Workouts; and
- 4.0 Final Exam.






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Final Audit Report

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