

DE ANZA COLLEGE  
DIVISION OF PHYSICAL EDUCATION AND ATHLETICS  
TERM: Summer 2017

Course ID: KNESD015E06      Course Name: Cardio-Strength  
Units 0.5      Days: M-T-W-TH      Time: 10:30-11:20AM      Location: PE 610

Instructor:                  Jason Damjanovic  
Telephone:                  408-864-8743  
Office Location:              PE 51d  
Office Hours:                M-W: 2:00-3:00PM

**STUDENT LEARNING OUTCOME (SLO):**

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| Apply both aerobic and anaerobic training techniques.            |
| Perform physical training and demonstrate multi-phasic planning. |

**Description:** An introduction to the discipline of Physical Education through Cardio-Strength. The student will gain ultimate fitness levels through use of cardio and strength building techniques. Development of cardiovascular endurance and muscular strength endurance will be based upon the physical ability, age and gender of the individual student and will be encouraged.

**Objectives:** Upon successful completion of the course requirement, students will demonstrate an overall understanding of the benefits of cardio-strength, demonstrate the ability to effectively walk for optimum health. Students will be able to identify specific muscle groups of the human body and also keep a daily record chart.

**Performance:** Skills-  
   cardiovascular conditioning  
   attitude and positive feelings through completion and continued participation  
   in power walking activities as a lifetime endeavor

**Methodology:** Group lecture/demonstration, individual instruction, directed walks, self-directed walks, group discussion, assigned readings, visual aides, written assignment and skill test.

**Course Requirements:** Active participation in all class activities, including lectures, discussion, quizzes, written examinations and assignments. Attend class in a timely manner. Loose fitting clothes and athletic shoes. No jeans or other clothes/shoes in class. Assignments as related to General Education requirements for Physical Education courses (see Evaluation).

**Evaluation:** Active participation 50%  
   0-2 absence=A    3-4 absences=B    5 or more absences=Drop

   Skills Test 25%  
   Skills/drills will be tested based on subjective/objective observation

   Written Exam 25%  
   Demonstrate knowledge on written exam. Instructor will provide details and assist in developing an understanding of material. Also, students will be tested on general health and fitness related questions gleaned from the text "Fit & Well" by Fahey, Insell & Roth (abbreviated version). Exam may be "take-home" format.

**Criteria:** A+=96-100% A=90-95% A-=87-89% B+=84-86% B=80-83% B-=77-79%  
C+=74-76% C=67-73% D+=64-66% D=60-63% F=59% or below

**Required Text:** Fahey, Insel & Roth. Alternate Ed. Fit & Well, 12<sup>th</sup> ed. Mayfield Pub.: Mtn. View