

## PE108 : Group Exercise I

### General Information

Author:	<ul style="list-style-type: none"><li>Erin Calderone</li></ul>
Course Code (CB01) :	PE108
Course Title (CB02) :	Group Exercise I
Department:	PE
Proposal Start:	Spring 2026
TOP Code (CB03) :	(0835.00) Physical Education
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000575744
Curriculum Committee Approval Date:	02/26/2025
Board of Trustees Approval Date:	04/22/2025
Last Cyclical Review Date:	02/26/2025
Course Description and Course Note:	PE 108 offers various modes of moderate to vigorous aerobic exercise set to contemporary music. Students learn a variety of group exercise formats as well as basic physiology, safety protocols and programming for aerobic and muscular fitness.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"><li>Credit</li></ul>
Mode of Delivery:	<ul style="list-style-type: none"><li>In-Person</li><li>Remote</li><li>Hybrid</li></ul>
Author:	No value
Course Family:	Cardio Fitness

### Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"><li>Physical Education</li></ul>
Alternate Discipline:	No value
Alternate Discipline:	No value

## Course Development

### Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

### Course Special Class Status (CB13)

Course is not a special class.

### Pre-Collegiate Level (CB21)

Not applicable.

### Grading Basis

- Grade with Pass / No-Pass Option

### Course Support Course Status (CB26)

Course is not a support course

## General Education and C-ID

### General Education Status (CB25)

Not Applicable

### Transferability

Transferable to both UC and CSU

### Transferability Status

Approved

### CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

### Area

Lifelong Learning and Self-Development

### Status

Approved

### Approval Date

08/29/2016

### Comparable Course

No Comparable Course defined.

## Units and Hours

### Summary

<b>Minimum Credit Units (CB07)</b>	1
<b>Maximum Credit Units (CB06)</b>	1
<b>Total Course In-Class (Contact) Hours</b>	54
<b>Total Course Out-of-Class Hours</b>	0
<b>Total Student Learning Hours</b>	54

### Credit / Non-Credit Options

#### Course Type (CB04)

Credit - Degree Applicable

#### Noncredit Course Category (CB22)

Credit Course.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Credit Course.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

## Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

## Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54

### Course In-Class (Contact) Hours

Lecture	0
Laboratory	54
Studio	0
<b>Total</b>	54

### Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
<b>Total</b>	0

## Time Commitment Notes for Students

No value

## Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

## Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

## Entry Standards

Entry Standards	Description
Perform moderate daily physical activities.	No Value
Demonstrate and maintain a positive attitude in a group environment.	No Value
Read and understand basic instructions.	No Value

## Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

## Specifications

### Methods of Instruction

Methods of Instruction

Laboratory

Methods of Instruction

Discussion

Methods of Instruction

Multimedia

Methods of Instruction

Collaborative Learning

Methods of Instruction

Demonstrations

### Out of Class Assignments

- Self-evaluation (e.g. written evaluation of fitness improvements through the semester)
- Written analysis (e.g. written analysis of the emotional benefits of group exercise)

### Methods of Evaluation

### Rationale

Presentation (group or individual)

Practical examination

Exam/Quiz/Test

Written midterm examination

Exam/Quiz/Test

Written final examination

Presentation (group or individual)

Presentation (e.g. student-led presentation of a portion of the group exercise class)

### Textbook Rationale

No Value

## Textbooks

Author	Title	Publisher	Date	ISBN
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No Value	No Value	No Value	No Value	No Value
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## Other Instructional Materials (i.e. OER, handouts)

Description	Instructor-generated reading materials.
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Author	No value
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Citation	No value
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Online Resource(s)	No value
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## Learning Outcomes

### Course Objectives

Demonstrate understanding of the basic physiological principles of aerobic fitness.

Identify and perform basic aerobic exercises using proper technique.

Calculate target heart rate zones for the purpose of establishing a safe, effective aerobic workout.

### SLOs

**Perform basic exercise movements with proper form.**

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
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<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
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<i>KIN</i> Fitness Specialist - A.S. Degree Major	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
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**Demonstrate understanding of the physiological benefits of group exercise.**

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
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*KIN* apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a  
Fitness Specialist - diverse population  
Certificate

**Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.** Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive  
Core ILOs conclusions; cultivate creativity that leads to innovative ideas.

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

*KIN* utilize universal risk management strategies  
Fitness Specialist - A.S.  
Degree Major

*KIN* utilize universal risk management strategies  
Fitness Specialist -  
Certificate

## Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

Lecture Content

Laboratory/Studio Content

**Introduction (6 hours)**

- Safety protocols and emergency procedures
- Pre-activity readiness questionnaire (PAR-Q) and medical history screening
- Contraindications and modifications of exercise for special conditions
- Injury prevention
- Body alignment
- Hydration
- Environmental considerations

- Proper nutrition pre- and post-workout

**Aerobic Exercise (20 hours)**

- Fitness testing
- Goal Setting
- Frequency, intensity, time and type
- Warm-up and cool-down
- Locomotor movements
- Steps
- Walks
- Runs
- Jumps
- Aerobic dance exercise movements
- Arm movements
- Timing and rhythm

**Muscular Fitness (24 hours)**

- Fitness testing
- Goal setting
- Frequency, intensity, time, type and tempo
- Warm-up and cool-down
- Strength and endurance movements
- Core conditioning movements
- Balance
- Flexibility

**Physiology of Fitness (4 hours)**

- Cardiorespiratory adaptations
- Muscular adaptations
- Progressing the fitness program

**Total hours: 54**

**Additional Information**

**Repeatability**

Not Repeatable

**Justification (if repeatable was chosen above)**

No Value

**Is it possible this course will have a material fee?**

No Value

**I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):**

No Value

**What term(s) will this course be offered?**

No Value

**Will any additional resources be needed for this course? (Click all that apply)**

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value

## Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value