

Approved

**Curriculum Instructional Council  
Actions Approved – February 14, 2019**

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 141A Total Body Conditioning I</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p>This course is the first in a series of total body conditioning courses. Emphasis is placed on developing proper training techniques necessary to improve muscular strength and endurance using compound and accessory exercises in rapid sequence. Topics will include identification of major movement patterns and modifications based on ability levels, basic strength exercises for muscle groups with emphasis on the core, and safety practices. When this course is offered for three hours per week, the additional time is utilized for skill development. This course is designed for kinesiology majors and all students interested in improving fitness.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City and Mesa for:</i></p> <ul style="list-style-type: none"> <li>• <b>Other Graduation Requirement</b></li> </ul> <p><i>To be reviewed at the May 9, 2019 CIC meeting</i></p> <p><i>This course is being proposed at City and Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Spring 2020</p>
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**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 141B Total Body Conditioning II</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <i>Advisory:</i> Exercise Science 141A with a grade of "C" or better, or equivalent. This course is the second in a series of total body conditioning courses. Emphasis is placed on improving muscular strength and endurance and cardiorespiratory endurance using compound and accessory exercises and cardiorespiratory intervals in rapid sequence. Topics will include identification of muscle groups used in single and multi-joint movement exercises, intermediate strength exercises for muscle groups with emphasis on functional exercises, and use of appropriate modifications for varying ability levels. When this course is offered for three hours per week, the additional time is utilized for skill development. This course is designed for kinesiology majors and all students interested in improving fitness.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City and Mesa for:</i></p> <ul style="list-style-type: none"> <li>• <b>Other Graduation Requirement</b></li> </ul> <p><i>To be reviewed at the May 9, 2019 CIC meeting</i></p> <p><i>This course is being proposed at City and Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Spring 2020</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCC submission

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<p><b>*~ 141C Total Body Conditioning III</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <i>Advisory:</i> Exercise Science 141B with a grade of "C" or better, or equivalent. This course is the third in a series of total body conditioning courses. Emphasis is placed on improving muscular strength and endurance and cardiorespiratory endurance using compound and accessory exercises and cardiorespiratory intervals in rapid sequence. Topics will include understanding of advanced exercise techniques, advanced strength and plyometric exercises for muscle groups with emphasis on functional exercises. When this course is offered for three hours per week, the additional time is utilized for skill development. This course is designed for kinesiology majors and all students interested in improving fitness.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><b><i>This course is being proposed at City and Mesa for:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9, 2019 CIC meeting</i></b></p> <p><b><i>This course is being proposed at City and Mesa for UC Transfer Course List</i></b></p> <p><b>Effective:</b> Spring 2020</p>
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***PROGRAM CHANGES***

(Note: To view from *Proposals* screen, click *Program Search* button, scroll down to program name, then option title, if appropriate, and click *PR* icon.)

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