

COCONINO COMMUNITY COLLEGE
COURSE OUTLINE

Prepared by: Zoe Lonetti
Revised by: Lt.Col. Mark Friend
Status: Permanent
Effective Term: Fall 2017

Fall 2007
April 11, 2016

A. Identification:

1. Subject Area: Aerospace Studies (AES)
2. Course Number: 250
3. Course Title: Air Force Physical Training Course
4. Credit Hours: 1
5. Course Description: Opportunity for CCC students who meet the following requirements: Per 10 U.S.C.2109(c)(1), Practical Military Training, "A person who is not qualified for, and... will not be able to become qualified for, advanced training (POC),...shall not be permitted to participate in... practical military training," including Physical Fitness Training. All students must have a recent physical examination medically clearing individual to participate in class and proof of liability insurance. The syllabus will cover both cardiovascular and anaerobic activity, aimed at helping every participant to get in better shape regardless of fitness level. This class is only available to Air Force ROTC cadets. May be repeated for a maximum of 4 times. May be taken for S/U credit only. Three lab.

B. Course Goals: To motivate students to adopt and maintain an active fitness lifestyle in order to improve their overall fitness levels. Maintaining a high fitness level will give students the ability to perform daily tasks vigorously and alertly with energy left over for enjoying leisure-time activities. Participating in a fitness routine will help students develop the ability to endure and withstand stress, to carry on in circumstances where an unfit person could not continue, and establish a foundation for good health and well-being.

C. Course Outcomes

Upon completion of this course, students will:

1. be encouraged to adopt and maintain an active fitness lifestyle in order to improve their overall fitness levels;
2. and be encouraged to establish a foundation for good health and well-being.

D. Course Outcomes Assessment will include performance evaluations.

E. Course Content will include:

1. stretching;
2. calisthenics;
3. aerobic and anaerobic;
4. running;
5. and weightlifting.