

Chabot College  
**Distance Education Curriculum Support Committee**

**Course Proposal Form**  
*(Send as an email attachment to DECSC chair)*

2006-2007

These questions are meant to provide you, our faculty colleagues, a framework for your Distance Education Curriculum Proposal. These are *guidelines*, not mandates. Much of this emerged from an Academic Senate for California Community Colleges white paper, available in our resource area. We believe careful and thorough consideration of these issues will improve not just your proposal, but also your entire course design. Please feel free to elaborate where you think most important. Note: Please click on *File, Save As* to save this form as a document, so you can work on it and submit it electronically to the DE Curriculum Support Committee chair.

*Each proposal or existing course, if delivered by distance education, shall be separately reviewed and approved by the curriculum committee prior to being offered. (Ed Code 55378)*

**Course Title & Number: PHED 62 – Introduction to Personal Fitness Training**

**Faculty Name:**  
**Ken Grace**

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**1. Need/Justification**

- What is the intent in offering the course by distance education?

There is a large need in the private sector, especially in health clubs, for properly trained fitness professionals. This course is the first step to help fill that need and provide employment for the Chabot College student. Ultimately, this course should be come part of our coursework for an AA degree in Physical Education and part of our certificate program.

**2. Course Content Delivery**

- The class will be delivered through blackboard with 3 – 2 hour scheduled on campus meetings.
- The remaining 45 hours of coursework will be delivered through blackboard.

**3. Nature and Frequency of Instructor-Student Interactions**

- The student will have asynchronous contact with the instructor a minimum of 3 times per week. An example of a course component for this course would be to review and then read Chapter 1 – Physical Activity and Health in the text book “Health Fitness Instructor’s Handbook”, Review the lecture presented in blackboard on activity and wellness, take an assessment of their activity level as it relates to their health, Take a

- quiz on the material reviewed, Go to the discussion board read other student's thoughts on the following, and then write their opinion on, "the role of the personal trainer", "what factors that affect health", "managing personal health" and "how one goes about changing health and fitness behaviors".
- Students would have at least three asynchronous interactions with the instructor each week. If a student goes two weeks without signing online they will be dropped from the course. An email, and a phone call will be made to each student who falls behind in active participation.
  - For distance learning to be effective, or any learning for that matter, the student must be actively engaged and the information provided must be applicable. By providing a course whereby the student can learn through a number of different mediums (written, discussion and then face to face) there is a greater chance the student will remain engaged and master the subject matter.
  - Through blackboard, the discussion board in blackboard, the readings, the quizzes and the face to face meetings the students will have a number of opportunities to master the subject.

#### **4. Assignments & Methods of Evaluation**

- List the criteria that will be used to substantiate student learning, and describe the methods of evaluating student progress: Active Participation in the course through 1) the results in the quizzes 2) the completion of assignments 3) active discussion board participation and 4) Active participation in three on campus meetings.
- All assignments and point values for the course will be available to the student inside of the tools button, in the my grades section of blackboard 24 hours a day, 7 days a week. A student can check their grade and know where they stand at any point in time. When a student falls behind in their assignments they will be reminded via email. After numerous emails and a phone call if the student falls to catch up they will be dropped from the course.

#### **5. Technical Support**

- Just access to Blackboard and access to the internet.

#### **6. Student Services**

- Links to student services provided by Chabot will set up inside of blackboard.

#### **7. Accommodations for Students with Disabilities**

- Everything will be provided in a written format. I will consult DSPS to make sure the course meets their standards.

#### **8. Class Size & First Term to be offered**

- Fall 2007 – class size 65.

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