Course Outline

COURSE:  KIN 33B  DIVISION:  40  ALSO LISTED AS:

TERM EFFECTIVE:  Spring 2018  Curriculum Approval Date: 03/27/2017

SHORT TITLE: Walk/Run for Fitness 2

LONG TITLE: Walk, Run For Fitness - Level 2

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>.5 TO 1</td>
<td>18</td>
<td>Lecture:</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lab:</td>
<td>1.5 TO 3</td>
<td>27 TO 54</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Other:</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total:</td>
<td>1.5 TO 3</td>
<td>27 TO 54</td>
</tr>
</tbody>
</table>

COURSE DESCRIPTION:

A program of walking and/or running designed to improve cardiovascular fitness and strengthen the muscles throughout the body. Emphasis will be on student's exercising at an intermediate (50% - 60% THR) exertion level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade
P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
Maximum of

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The student will be able to calculate their target heart rate, maintain a workout between 50% and 60% of their target heart rate zone, and chart their cardiovascular improvement.

Measure of assessment: Target heart rate work sheet, workout chart.
2. Using the F.I.T.T.E. principle, the student will be able meet minimum levels of frequency, intensity and time in relationship to their Cardiovascular fitness.

Measure of assessment: Demonstration, Discussion

Year assessed, or planned year of assessment: 2018
Semester: Spring
Content: Continue walking/jogging routines which contain a proper warm-up/activity/cool-down phase. Increase workout intensities to get to their target (60% of THR) at least three times a week. Increase all areas of the FITTE principles. Workouts will continue to increase in Intensity, Time and Distance during class. They Type of activities performed in class will also change. Students who were strictly walkers will be asked to start to slow jog in small intervals. Joggers will be asked to increase intensity (pace) in small intervals. Students will be asked to log a 3rd day into their fitness logs. Presentation on the benefits of proper Nutrition (Fats-Carbs-Protein) and the value of proper nutrition can play an important role in everyday overall health.

SPO: Students will continue to monitor their THR and log all workouts in their fitness logs. Students will participate in a variety of walking/jogging routines. Students will discuss the benefits of proper Nutrition and explain how it is important to their everyday overall health.

3 - 6 Hours

Content: Continue walking/jogging routines which contain a proper warm-up/activity/cool-down phase. Increase workout intensities to get to their target (60% of THR) at least four times a week. Increase all areas of the FITTE principles. Workouts will continue to increase in Intensity, Time, Distance, and Type during class. Students will be asked to log a 4th day into their fitness logs.

SPO: Students will continue to monitor their THR and log all workouts in their fitness logs. Students will participate in a variety of walking/jogging routines.

3 - 6 Hours

Content: Continue walking/jogging routines which contain a proper warm-up/activity/cool-down phase. Increase workout intensities to get to their target (60% of THR) at least five times a week. Increase all areas of the FITTE principles. Workouts will continue to increase in Intensity, Time, Distance, and Type during class. Students will be asked to log a 5th day into their fitness logs.

SPO: Students will continue to monitor their THR and log all workouts in their fitness logs. Students will participate in a variety of walking/jogging routines.

2 Hours

Content: Final

METHODS OF INSTRUCTION:
Discussion, demonstration, small group interaction

METHODS OF EVALUATION:
Other methods of evaluation
Percent of total grade: 100.00 %
Evaluation will include written assignments, problem-solving assignments, skill demonstrations, performance examinations and written examinations.

REPRESENTATIVE TEXTBOOKS:
No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
GAV E, effective 201830
CSU GE:
IGETC:
CSU TRANSFER:
Transferable CSU, effective 201830
UC TRANSFER:
Not Transferable

SUPPLEMENTAL DATA:

4/11/2017