

Course Outline

COURSE: KIN 64A **DIVISION:** 40 **ALSO LISTED AS:** KIN 64 PE 64

TERM EFFECTIVE: Fall 2013 **CURRICULUM APPROVAL DATE:** 03/11/2013

SHORT TITLE: INDIV CARDIO FITNESS - LEVEL 1

LONG TITLE: Individualized Cardiovascular Fitness - Level 1

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

An open laboratory for those who desire an individualized cardiovascular fitness training program of moderate exertion using the FITTE principles. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 64. 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: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Participate in a cardiovascular fitness program that applies the FITTE principles and utilizes one's THR to monitor exertion levels of 35% - 55% intensity.

Measure: demonstration

PLO: 4

ILO: 7,2,6

GE-LO: E1

Year assessed or anticipated year of assessment: S '10

2. Describe the value of cardiovascular exercise as a lifelong activity.

Measure: exam, discussion

PLO: 2,7

ILO: 2,7,6,1

GE-LO: A1,A2

Year assessed or anticipated year of assessment: S '10

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 03/11/2013

1.5 - 3 Hours: Course orientation, including grading and the procedures for use of the open lab.

SPO: Students will explain the requirements of the course, including how they are graded, the dress code, and the use of the workout chart. They will correctly log themselves in and out of the lab.

4.5 - 9 Hours: Continue orientations as needed. Discuss the importance of stretching as a warm-up and cool-down. Explain the benefits of stretching both before and after exercising and demonstrate a variety of stretches. Could utilize pre-testing to determine student's cardiovascular fitness level. Introduce FITTE principles: Frequency, Intensity, Time, Type of Equipment, and Enjoyment. Introduce and practice cardiovascular workouts which include a warm-up phase/activities/ and a cool-down phase.

SPO: Students will demonstrate at least five (5) stretches beneficial for cardiovascular fitness warm-up/cool-down. They will describe the benefits of stretching both before and after exercise. They will explain the FITTE principles. They will participate in assigned workouts.

6 - 12 Hours: Continue cardiovascular workouts which include a warm-up/activity/and cool-down phase. Provide workouts which contain a warm-up - walking and stretching for 5 - 10 minutes; a conditioning phase - walking at a pace that gives a light to moderate exertion (35% - 55% of THR) for 15 - 25 minutes; and cool-down - walking and stretching for 5 - 10 minutes. Provide information on calculating one's THR (Target Heart Rate) using the Karvonen formula. Presentation on how to use the Lifecycle and treadmill.

SPO: Students will participate in cardiovascular workouts, utilizing their THR to monitor their exertion. They will calculate their THR using the Karvonen formula. They will demonstrate how to correctly use the Lifecycle and treadmill.

13.5 - 27 Hours: Continue cardiovascular workouts which contain a warm-up/activity/and cool-down utilizing the FITTE principles. Workouts can be performed on the track, Lifecycle, and/or treadmill. Continue to monitor one's exertion level utilizing THR. Discussion on the health benefits of cardiovascular fitness. Could utilize post-testing to determine improvement.

SPO: Students will participate in a cardiovascular fitness program that applies the FITTE principles and utilizes their THR to monitor their exertion level. They will describe the health benefits of exercise.

2 Hours: Written final.

METHODS OF INSTRUCTION:

demonstration, small groups, discussion

METHODS OF EVALUATION:

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Other: Short answer

Other category:

Other: Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 20% - 30%

Objective examinations: 10% - 20%

Other methods of evaluation: 50% - 80%

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201370

CSU GE:

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201370

UC TRANSFER:

Transferable UC, effective 201370

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 64A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000542045

Sports/Physical Education Course: Y

Taxonomy of Program: 127000