

Course Outline

COURSE: KIN 64B **DIVISION:** 40 **ALSO LISTED AS:** KIN 64 & PE 64

TERM EFFECTIVE: Fall 2013 **CURRICULUM APPROVAL DATE:** 04/25/2016

SHORT TITLE: INDIV CARDIO FITNESS - LEVEL 2

LONG TITLE: Individualized Cardiovascular Fitness - Level 2

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

COURSE DESCRIPTION:

An open laboratory for those who desire an intermediate level fitness program utilizing an individualized cardiovascular training approach. 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
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid

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 55% - 70% intensity.

Measure: demonstration

PLO: 4

ILO: 7,2,6

GE-LO: E1

Year assessed or anticipated year of assessment: S '10

2. Describe the modifications one would make to their workout routine if their goal was to lose weight.

Measure: discussion, exam

PLO: 7,2

ILO: 7,2,1,6

GE-LO: A1,A2

Year assessed or anticipated year of assessment: F '14

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

Curriculum Approval Date: 04/25/2016

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. Review material from level 1 and in particular FITTE, the use of one's THR to monitor workout intensity, and the importance of stretching as a warm-up and cool-down. Discussion of the differences in program planning for weight loss. Could utilize pre-testing to determine student's cardiovascular fitness level. Determine and note each students' THR range for intermediate exertion. Set individual goals and complete cardiovascular workouts which contain a warm-up (stretching)/cardio activity/cool-down (stretching).

SPO: Students will explain the changes they would incorporate in their cardiovascular fitness program if their goal was weight loss. They will participate in cardiovascular workouts utilizing their THR to monitor their exertion levels.

6 - 12 Hours: Provide workouts which contain a warm-up - stretching/walking/jogging for 10 minutes; a conditioning phase - powering walking/jogging at a medium exertion (55% - 70% of THR) for 20 - 25 minutes; and cool-down - jogging/walking/stretching for 10 minutes. Review how to correctly use the Lifecycle and treadmill and present information on how to program the equipment to provide workouts at a higher intensity level. Introduce use of the elipitcal and Stairmaster equipment.

SPO: Students will participate in cardiovascular workouts at a range of 55% - 70% intensity level, utilizing their THR to monitor their exertion. They will demonstrate how to correctly use the elipitcal and Stairmaster. They will alter the use of the Lifecycle and treadmill to provide for a higher intensity level workout.

13.5 - 27 Hours: Continue cardiovascular workouts which contain 10 minutes stretching/ warm-up; 20 - 25 minutes of activity at 55% - 70% THR; and 10 minutes of cool-down/stretching. Workouts can be performed on the track, elipitcal, Stairmaster, Lifecycle, and/or treadmill. Could utilize post-testing to determine improvement.

SPO: Students will develop a cardiovascular workout routine and apply the skills learned into a weekly workout program. They will record their progress on their workout chart. They will monitor their THR to determine exertion levels.

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%

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

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: 64B

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: CCC000542046

Sports/Physical Education Course: Y

Taxonomy of Program: 127000