

**Course Outline**

**COURSE:** KIN 64C                      **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 3

**LONG TITLE:** Individualized Cardiovascular Fitness - Level 3

<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 TO 3	27 TO 54
		Other:	0	0
		Total:	1.5 TO 3	27 TO 54

**COURSE DESCRIPTION:**

An open laboratory for those who desire an individualized cardiovascular fitness training program of high intensity activities 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 70% - 85% intensity.

Measure: demonstration

PLO: 4

ILO: 7,2,6

GE-LO: E1

Year assessed or anticipated year of assessment: S '10

2. Incorporate at least three (3) modes/types of activities into their cardiovascular fitness program.

Measure: demonstration, exam

PLO: 4,7

ILO: 7,2,6,1

GE-LO: E1,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 orientation as needed. Review material from level 2. Determine and note each students' THR range for high intensity exertion. Could utilize pre-testing to determine student's cardiovascular fitness level. Set individual goals and complete cardiovascular workouts which contain a warm-up (stretching)/cardio activities/cool-down (stretching).

SPO: Students will participate in cardiovascular workouts utilizing their THR to monitor their exertion levels. They will establish individual goals and work towards their accomplishment.

6 - 12 Hours: Provide workouts which contain a warm-up - stretching/running for 10 minutes; a conditioning phase - running/sprinting/other cardio activities at a high intensity exertion (70% - 85% of THR) for 30 - 35 minutes; and cool-down - running/jogging/stretching for 10 minutes. Review how to correctly use the elliptical and Stairmaster and present information on what programs on each piece of cardio equipment could be utilized to achieve workouts at a high intensity exertion rate. Introduce the use of the cross country course, as a whole or in parts.

SPO: Students will participate in cardiovascular workouts at a range of 70% - 85% intensity level, utilizing their THR to monitor their exertion. They will utilize a variety of workouts/equipment performed at a high intensity level.

13.5 - 27 Hours: Introduce the use of a jump rope, exercise rope, incline work, steps, and/or ladder to augment high intensity workouts. Continue cardiovascular workouts which contain 10 minutes stretching/warm-up; 30 - 35 minutes of activity at 70% - 85% THR; and 10 minutes of cool-down/stretching. Could utilize post-testing to determine improvement.

SPO: Students will utilize a variety of activities, including those newly introduced, in their weekly workout routine. They will perform at 70% - 85% of their THR. They will record their progress on their workout chart.

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 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: 64C

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: CCC000542047

Sports/Physical Education Course: Y

Taxonomy of Program: 127000