

Course Outline

COURSE: KIN 64D **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 4

LONG TITLE: Individualized Cardiovascular Fitness - Level 4

<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 program utilizing the FITTE principles. High intensity training programs such as stage training and circuit training will be included. 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. Explain the principles behind and incorporate stage training and circuit training in their cardiovascular fitness program.

Measure: demonstration, discussion, exam

PLO: 4,7

ILO: 7,2,1,6

GE-LO: E1,A1,A2

Year assessed or anticipated year of assessment: F '14

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 information from level 3. Establish workout expectations: 10 minutes warm-up; 30 - 40 minutes of high intensity activity; and 10 minutes of cool-down. Complete a variety of workouts utilizing a variety of activities at a high intensity level.

SPO: Students will determine their workout routine, incorporate a variety of cardio activities, and perform a variety of workouts at a high intensity level.

6 - 12 Hours: Provide information on stage training, such as its purpose and what each of the 3 stages is designed to accomplish. Introduce examples of stage training workouts. Continue to perform cardiovascular workouts utilizing a variety of modes/types of activities at a high intensity level.

SPO: Students will describe the purpose of stage training explain what each of the 3 stages is designed to accomplish. They will participate in stage training workouts as well as other cardio workout routines.

13.5 - 27 Hours: Continue cardiovascular workouts which contain 10 minutes warm-up; 30 - 40 minutes of high intensity activity; and 10 minutes of cool-down. Review and incorporate stage training into the workouts. Introduce circuit training/stations into workouts and provide examples for students.

SPO: Students will discuss the benefits of using circuit training/stations in their workouts. They will incorporate a variety of routines, including stage training and circuit training/stations in their cardiovascular workouts. 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 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: 64D

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: CCC000542048

Sports/Physical Education Course: Y

Taxonomy of Program: 127000