Course Outline

COURSE: KIN 68A  DIVISION: 40  ALSO LISTED AS: KIN 68  PE 68

TERM EFFECTIVE: Spring 2015  CURRICULUM APPROVAL DATE: 10/13/2014

SHORT TITLE: BOOTCAMP FITNESS - LEVEL 1

LONG TITLE: Bootcamp Fitness - Level 1

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<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
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<td>Lab: 1.5 OR 3</td>
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<td>Total: 1.5 OR 3</td>
<td>27 OR 54</td>
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COURSE DESCRIPTION:

A challenging series of drills and exercises that develop, improve an increase strength, flexibility, agility and cardiovascular fitness. Emphasis will be on student's exercising at a moderate (40% - 50% THR) exertion level. This course has the option of a letter grade or pass/no pass.

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. Calculate their Target Heart Rate (THR) and then apply their THR to determine the intensity level of their workouts.

Measure: Worksheet, Demonstration

PLO: 4,7
ILO: 2,7,6,1
2. Increase their fitness by performing a variety of cardiovascular conditioning drills and agility drills at 40% - 50% of their THR.
Measure: Demonstration; Pre, Mid, and Post Testing
PLO: 4
ILO: 7,6,4
GE-LO: E1,A1
Year assessed or anticipated year of assessment: S '15

3. Demonstrate 3 upper body and 3 lower body beginning level strength exercises utilizing one's body weight for resistance.
Measure: Performance based
PLO: 4
ILO: 7,2,1,4
GE-LO: E1,A1
Year assessed or anticipated year of assessment: S '15

4. Demonstrate 2 core strength exercises and 2 core flexibility beginning level exercises.
Measure: Performance based
PLO: 4
ILO: 7,2,1,4
GE-LO: E1,A1
Year assessed or anticipated year of assessment: S '15

5. Perform 2 upper and 2 lower body beginning level flexibility exercises.
Measure: Demonstration
PLO: 4
ILO: 7,2,1,4
GE-LO: E1,A1
Year assessed or anticipated year of assessment: S '15

PROGRAM LEARNING OUTCOMES:
After completing the Kinesiology major a student will be able to:
1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.
CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/13/2014

1.5 - 3 Hours
CONTENT: Introduction to class, including course syllabus, course expectations, grading, and attendance policies. Appropriate attire will be discussed. Fitness assessments will be conducted (cardiovascular, upper body, lower body, and core strength).
SPO: Students will participate in fitness assessments.

3 - 6 Hours
CONTENT: Basic agility and cardiovascular drills will be introduced. Conditioning to include such exercises as jumping jacks, lunges, power walking, and power skipping. Teach students how to determine Resting Heart Rate (RHR) and calculate appropriate Target Heart Rate (THR). Basic agility and cardiovascular drills will continue.
SPO: Students will demonstrate the basic drills introduced. Students will determine their RHR and calculate their THR.

3 - 6 Hours
CONTENT: Basic conditioning. Check THR to determine if they are working at a 40% - 50% intensity level. Basic flexibility exercises will be introduced. Continue basic conditioning drills. Basic upper body, lower body, and core strength drills using the weight of one's body will be introduced, such as burpees, flutter kicks, modified push ups, and modified lower back bends.
SPO: Students will demonstrate two different basic flexibility exercises. The students will utilize proper techniques.

1.5 - 3 Hours
CONTENT: Continue basic conditioning including such exercises as ice skaters, squats, and jump rope drill (without the rope). Basic strength training drills will be incorporated into the conditioning routine (agility and cardiovascular).
SPO: Students will demonstrate the new exercises. They will participate in class workouts.

3 - 6 Hours
CONTENT: Basic intervals will be introduced into the conditioning routine. Continue working on increasing cardiovascular fitness through the use of interval drills. Combine 3 - 5 exercises into a routine, for example: 20 squats, 10 push ups, 20 walking lunges, 20 burpees, and 30 jumping jacks. Check THR to make sure they are working at a 40% - 50% intensity level. New basic interval drills will also be introduced.
SPO: Students will calculate the appropriate target heart rate for intervals. Students will demonstrate the new exercises and participate in class workouts.

3 - 6 Hours
CONTENT: Complete mid-way fitness assessment. Continue basic exercise program. Jump roping will be introduced as a means of conditioning, both in the regular exercise program and in the intervals.
SPO: Students will participate in mid-way fitness testing. They will participate in conditioning exercises utilizing jump ropes. Students will apply these techniques in class workouts.

3 - 6 Hours
CONTENT: Continue basic workouts including upper and lower body strength training. Additional basic exercises incorporating the use of one's body weight will be introduced, such as inchworms, wall sit, and plank.
SPO: Each student will perform two upper and two lower body strength exercise using one's body weight for resistance. Students will demonstrate any new exercises that are introduced and participate in class workouts.

3 - 6 Hours
CONTENT: Continue basic conditioning program. Increase intensity and duration of conditioning. For example: students will complete each routine a second or third time. An example of a routine might be: 10 tuck jumps, 15 seconds plank, 30 seconds of power skipping, 20 burpees, and 20 walking lunges. Check THR to make sure they are working at a 40% - 50% intensity level. Also increase intensity and duration of basic strength exercises.
SPO: Students will participate in class workouts. They will monitor their THR to determine their class workout intensity level.
4.5 - 9 Hours
CONTENT: Continue basic conditioning program utilizing a variety of workouts, including the use of jump ropes. Check THR. Complete post fitness assessment.
SPO: Students will demonstrate 3 upper and 3 lower body basic strength exercises during the course of their workouts. During the conditioning, students will demonstrate 2 basic core strength exercises. They will participate in post testing.
2 Hours
Final

METHODS OF INSTRUCTION:
Demonstration, Guided Practice, Stations

METHODS OF EVALUATION:
This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:
Involves skill demonstrations or problem solving
The problem-solving assignments required:
Other: Calculate THR
The types of skill demonstrations required:
Performance exams
Other: Pre and Post Fitness Assessment
The types of objective examinations used in the course:
None
Other category:
Class participation
The basis for assigning students grades in the course:
Writing assignments: 0% - 0%
Problem-solving demonstrations: 5% - 10%
Skill demonstrations: 30% - 50%
Objective examinations: 0% - 0%
Other methods of evaluation: 40% - 60%

REPRESENTATIVE TEXTBOOKS:
No textbook required.

ARTICULATION and CERTIFICATE INFORMATION
Associate Degree:
CSU GE:
IGETC:
CSU TRANSFER:
Transferable CSU, effective 201530
UC TRANSFER:
Not Transferable

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: 68A
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:
Sports/Physical Education Course: Y
Taxonomy of Program: 127000