

Course Outline

COURSE: KIN 68B **DIVISION:** 40 **ALSO LISTED AS:** KIN 68 PE 68

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 06/09/2020

SHORT TITLE: BOOTCAMP FITNESS - LEVEL 2

LONG TITLE: Bootcamp Fitness - Level 2

<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:

A challenging series of drills and exercises that develop, improve and increase strength, flexibility, agility and cardiovascular fitness. Emphasis will be on student's exercising at an intermediate (50% - 60% THR) exertion level. This course has the option of a letter grade or pass/no pass. 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

71 - Dist. Ed Internet Simultaneous

73 - Dist. Ed Internet Delayed LAB

73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Calculate their Target Heart Rate (THR) and then apply their THR to determine their workouts are at 50% - 60% of their THR.
2. Demonstrate 3 upper body and 3 lower body intermediate level strength exercises utilizing resistance bands.
3. Demonstrate 2 core strength exercises and 2 core flexibility intermediate level exercises for both the upper and lower body.

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

Curriculum Approval Date: 06/09/2020

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). Review information from level 1 including how to determine Resting Heart Rate (RHR) and calculate Target Heart Rate (THR).

Student Performance Objectives: Participate in fitness assessments and determine their RHR and THR.

3 - 6 Hours

Content: Review exercises performed in level 1. Intermediate level agility and cardiovascular drills will be introduced, such as clock lunge, single leg squats, long jump, and ski jumps. Conditioning. Intermediate level agility and cardiovascular drills will continue.

Student Performance Objectives: Demonstrate the drills introduced. Monitor their THR.

3 - 6 Hours

Content: Conditioning. Check THR to determine if they are working at a 50% - 60% intensity level. Flexibility exercises will be introduced. Continue conditioning. Intermediate level upper body, lower body, and core strength drills using the weight of one's body will be introduced, such as prone walkout, L seat, plank-to-push up, and superman.

Student Performance Objectives: Demonstrate two different flexibility exercises. Utilize proper techniques. Monitor their THR.

1.5 - 3 Hours

Content: Continue intermediate level conditioning including such exercises as single leg hops, donkey kicks, and pistol squats. Intermediate level strength drills will be incorporated into the conditioning routine (agility and cardiovascular), such as inchworm push ups, bicycle crunches, and bear crawl.

Student Performance Objectives: Demonstrate the new exercises. Participate in class workouts.

3 - 6 Hours

Content: Intermediate level intervals will be introduced into the conditioning routine. Continue working on increasing cardiovascular fitness through the use of interval drills. Combine 4 - 6 exercises into a routine, for example: 10 R/10 L single leg squats, 10 inchworm push ups, 30 seconds of ski jumps, 30 seconds of jump rope, 15 seconds of superman, and 20 donkey kicks. Check THR to make sure they are working at a 50% - 60% intensity level. New interval drills will also be introduced.

Student Performance Objectives: Calculate the appropriate target heart rate for intervals. Demonstrate the new exercises and participate in class workouts.

3 - 6 Hours

Content: Complete mid-way fitness assessment. Continue intermediate level exercise program. Jump roping will continue to be utilized as a means of conditioning, both in the regular exercise program and in the intervals.

Student Performance Objectives: Participate in mid-way fitness testing. Participate in conditioning exercises which continue to utilize jump ropes.

3 - 6 Hours

Content: Continue intermediate level workouts. Introduce resistance bands as a component of upper and lower body strength training. Additional exercises incorporating the use of resistance bands will be introduced, such as front squat, leg extension, standing adductor, standing abductor, glute bridge, lateral band walk, standing chest press, and tricep kickback.

Student Performance Objectives: Perform two upper and two lower body strength exercise using the resistance band. Demonstrate any new exercises that are introduced and participate in class workouts.

3 - 6 Hours

Content: Continue intermediate level conditioning program. Increase intensity and duration of conditioning. For example: students will complete more exercises per each routine, more seconds/repetitions per each exercise, and/or repeat the routine several times. An example of a routine might be: 30 seconds jump roping using alternate legs, 10 prone walkouts, 20 pistol squats, 10 dive bomber push ups, 30 seconds of steps, 30 seconds glute bridge with resistance band, and 30 seconds of ski jumps. Check THR to make sure they are working at a 50% - 60% intensity level. Also increase intensity and duration of strength exercises.

Student Performance Objectives: Participate in class workouts. Monitor their THR to determine their class workout intensity level.

4 - 10 Hours

Content: Continue intermediate level conditioning program utilizing a variety of workouts, including the use of resistance bands and jump ropes. Check THR. Complete post fitness assessment.

Student Performance Objectives: Demonstrate 3 upper and 3 lower body intermediate level strength exercises during the course of their workouts. Demonstrate 2 intermediate level core strength exercises during workouts. Participate in post testing.

2 Hours

Final

METHODS OF INSTRUCTION:

Demonstration, Guided Practice, Stations

METHODS OF EVALUATION:

Problem-solving assignments

Percent of total grade: 10.00 %

5% - 10% Calculate THR

Skill demonstrations

Percent of total grade: 40.00 %

30% - 50% Performance exams; Other: Pre and Post Fitness Assessment

Other methods of evaluation

Percent of total grade: 50.00 %

40% - 60% Class participation

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

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:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000558722

Sports/Physical Education Course: Y

Taxonomy of Program: 127000