Course Outline

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

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

SHORT TITLE: BOOTCAMP FITNESS - LEVEL 2

LONG TITLE: Bootcamp Fitness - Level 2

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<th>Units</th>
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<td>Total: 1.5 OR 3</td>
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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.

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 50% - 60% 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 intermediate level strength exercises utilizing resistance bands.  
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 intermediate 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 intermediate 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). Review information from level 1 including how to determine Resting Heart Rate (RHR) and calculate Target Heart Rate (THR).

SPO: Students will 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.

SPO: Students will demonstrate the drills introduced. They will 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.

SPO: Students will demonstrate two different flexibility exercises. They will utilize proper techniques. They will 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.

SPO: Students will demonstrate the new exercises. They will 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.

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 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.

SPO: Students will participate in mid-way fitness testing. They will 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.

SPO: Each student will perform two upper and two lower body strength exercise using the resistance band. Students will 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.
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 intermediate level conditioning program utilizing a variety of workouts, including the use of resistance bands and jump ropes. Check THR. Complete post fitness assessment.

SPO: Students will demonstrate 3 upper and 3 lower body intermediate level strength exercises during the course of their workouts. During the conditioning, students will demonstrate 2 intermediate level 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 2015
- 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: 68B
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