Course Outline

COURSE: KIN 68C  DIVISION: 40  ALSO LISTED AS: KIN 68  PE 68
TERM EFFECTIVE: Spring 2015  CURRICULUM APPROVAL DATE: 10/13/2014

SHORT TITLE: BOOTCAMP FITNESS - LEVEL 3
LONG TITLE: Bootcamp Fitness - Level 3

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<th>Units</th>
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<td>Lab: 1.5 OR 3</td>
<td>27 OR 54</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 and increase strength, flexibility, agility and cardiovascular fitness. Emphasis will be on student's exercising at a high (60% - 80% THR) intensity 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
GE-LO: A1,A2,E1
Year assessed or anticipated year of assessment: S '15

2. Increase their fitness by performing a variety of cardiovascular conditioning drills and agility drills at 60% - 80% 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, 3 lower body, and 3 core advanced level strength exercises utilizing either one's body weight or 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 advanced 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 advanced 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 2 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 2. Advanced level agility and cardiovascular drills will be introduced, such as tuck jumps, squat reach and jump, and lunge jumps. Conditioning. Advanced 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 60% - 80% intensity level. Flexibility exercises will be introduced. Continue conditioning. Advanced level upper body, lower body, and core strength drills using the weight of one's body will be introduced, such as dips, tricep push up, side plank, alternating arms and legs superman, and diamond push up.

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

1.5 - 3 Hours

CONTENT: Continue advanced level conditioning including such exercises as mountain climber and lunge to row. Advanced level strength drills will be incorporated into the conditioning routine (agility and cardiovascular), such as prone plank, one hand push up, and handstand.

SPO: Students will demonstrate the new exercises. They will participate in class workouts.

3 - 6 Hours

CONTENT: Advanced level intervals will be introduced into the conditioning routine. Continue working on increasing cardiovascular fitness through the use of interval drills. Combine 5 - 7 exercises into a routine, for example: 20 lunge jumps, 10 diamond push ups, 30 seconds mountain climber, 20 seconds alternating arms and legs superman, 15 seconds right leg/15 seconds left leg jump rope, 20 seconds side plank, and 20 squat reach and jump. Check THR to make sure they are working at a 60% - 80% intensity level. Additional interval drills will also be introduced.

SPO: Students will calculate the appropriate training 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 advanced 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 utilizing jump ropes.

3 - 6 Hours

CONTENT: Continue advanced level workouts. Review use of the resistance band as a component of upper and lower body strength training and introduce its use in strengthening one's core. Additional exercises incorporating the use of resistance bands will be introduced, such as woodchoppers, reverse crunch, bent over row, incline chest press, and Russian twist.

SPO: Each student will perform two upper body, two lower body, and two core strength exercises using the resistance band. Students will be demonstrate any new exercises that are introduced and participate in class workouts.

3 - 6 Hours

CONTENT: Continue advanced level conditioning program. Increase intensity and duration of conditioning. For example: students will complete more exercises per each routine, more seconds/repetitions per exercise, repeat the routine several times, and/or do a jump rope only or resistance band only routine. An example of a resistance only routine might be: 20 front squats, 30 seconds bent over row, 30 seconds glute
bridge, 20 push ups, 20 woodchoppers, and 20 standing double bicep curl. Check THR to make sure they are working at a 60% - 80% 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 advanced 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 advanced level strength exercises during the course of their workouts. During the conditioning, students will demonstrate 2 advanced 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:

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

SUPPLEMENTAL DATA:

11/20/2014
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: 68C
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