

Course Outline

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

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

SHORT TITLE: BOOTCAMP FITNESS - LEVEL 3

LONG TITLE: Bootcamp Fitness - Level 3

<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 a high (60% - 80% THR) intensity level. This course has the option of a letter grade or pass/no pass. Co 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 they are working out at 60% - 80% of their THR.
2. Demonstrate 3 upper body, 3 lower body, and 3 core advanced level strength exercises utilizing either one's body weight or resistance bands.
3. Demonstrate 2 core strength exercises and 2 core flexibility advanced 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 2 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 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.

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 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.

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

Student Performance Objectives: Demonstrate the new exercises. 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.

Student Performance Objectives: Calculate the appropriate training heart rate for intervals. 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.

Student Performance Objectives: Participate in mid-way fitness testing. 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.

Student Performance Objectives: Perform two upper body, two lower body, and two core strength exercises using the resistance band. 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.

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

4 - 10 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.

Student Performance Objectives: Demonstrate 3 upper and 3 lower body advanced level strength exercises during the course of their workouts. Demonstrate 2 advanced level core strength exercises during conditioning 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:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201530

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:

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: CCC000558727

Sports/Physical Education Course: Y

Taxonomy of Program: 127000