

Course Outline

COURSE: KIN 44A **DIVISION:** 40 **ALSO LISTED AS:** KIN 44 & PE 44

TERM EFFECTIVE: Summer 2020 **CURRICULUM APPROVAL DATE:** 05/12/2020

SHORT TITLE: CORE AND CARDIO - LEVEL 1

LONG TITLE: Core and Cardio - Level 1

<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:

This course utilizes a variety of activities to improve one's aerobic fitness. Emphasis will be on student's exercising at a moderate exertion level. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 44. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: C - Credit - Degree Non 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
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

1. Utilize the Karvonen formula to calculate their target heart rate (THR) and then apply their THR to determine their workouts are at 40% - 50% of their THR.

Measure of assessment: worksheet, demonstration, pre and post testing

Year assessed, or planned year of assessment: 2017

Semester: Spring

2. Identify lifestyle changes which will help improve their physical and emotional well being and design goals which will help achieve those changes.

Measure of assessment: project, discussion

Year assessed, or planned year of assessment: 2017

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

Curriculum Approval Date: 05/12/2020

3 - 6 Hours:

Content: Orientation of course requirements. Safety factors and the benefits of a proper warm-up and cool-down will be discussed. Students will complete a personal health profile and learn how to take their pulse. Pre-testing to determine their aerobic capacity. Begin warm-up routine, power walking and introduce some muscular strength training exercises as well as ways to cool-down.

Student Performance Objectives: Complete a personal health profile and take their pulse. Explain the benefits of a warm-up and cool-down and participate in class workouts. Complete pre-testing.

3 - 6 Hours:

Content: Information on how to calculate one's Target Heart Rate (THR) using the maximum heart rate formula and the Karvonen formula will be presented. Each class will include a warm-up, power walking, some exercises performed in earlier classes, as well as some new ones and a cool-down.

Student Performance Objectives: Compute their Target Heart Rate (THR) using the maximum heart rate formula and the Karvonen formula. Monitor their THR during class workouts to determine their exercise effort and participate in class workouts.

3 - 6 Hours:

Content: Classes will incorporate a warm-up, power walking, exercises to improve aerobic capacity and muscular strength, and a cool-down. A general presentation/discussion on the FITTE principles will be provided with the emphasis on "I" - intensity. Students will be expected to participate in class workouts at 40% - 50% of their heart rate reserve or the Karvonen formula THR to increase their aerobic capacity.

Student Performance Objectives: Monitor their THR to determine their exercise intensity - "I". Discuss the general principles of FITTE and participate in class workouts.

4.5 - 9 Hours:

Content: Classes will include a warm-up; power walking; exercises performed earlier; new exercises to improve aerobic capacity such as "ice skaters" and muscular strength such as "plank exercises, floor crunches, and squats"; and a cool-down. A discussion on goal setting as it relates to lifestyle changes will be included.

Student Performance Objectives: Monitor their THR to determine if their exercise intensity is between 40% - 50% of their THR. Identify one lifestyle change and design goals to achieve that change. Participate in class workouts utilizing a variety of aerobic and muscular strength training exercises.

10.5 - 21 Hours:

Content: Class structure will include warm-up and power walking, followed by exercises designed to improve aerobic fitness and muscular strength, and then a cool-down. The exercises could incorporate the use of hand weights, steps, and exercise balls and stations could be utilized. A review of the general principles of FITTE, including the importance of monitoring one's THR to determine "I" intensity, will be followed by a discussion of the "E" - enjoyment. The status of each student's lifestyle change will be reviewed. Mini-lectures on topics such as stress management and the importance of finding exercises that you can "E" njoy will be presented.

Student Performance Objectives: Monitor their aerobic exercise intensity utilizing their THR. Discuss the "E" in FITTE, access their goal setting progress and participate in class workouts.

1.5 - 3 Hours:

Content: Post-testing to evaluate each student's aerobic capacity, which will help determine their improvement.

Student Performance Objectives: Complete post-testing.

2 Hours:

Final.

METHODS OF INSTRUCTION:

guided practice, discussion, mini-lectures, stations

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 5.00 %

5% - 15% Food journal

Problem-solving assignments

Percent of total grade: 5.00 %

5% - 15% Calculating THR and Body Fat Percentage

Skill demonstrations

Percent of total grade: 20.00 %

10% - 20% Demonstration exams

Objective examinations

Percent of total grade: 10.00 %

10% - 20% Completion

Other methods of evaluation

Percent of total grade: 60.00 %

REPRESENTATIVE TEXTBOOKS:

Recommended Representative Textbooks

No textbook required. Handouts will be provided as needed.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201430

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

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: 116A

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: CCC000545382

Sports/Physical Education Course: Y

Taxonomy of Program: 127000