

Course Outline

COURSE: KIN 44B **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 2

LONG TITLE: Core and Cardio - 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:

This course utilizes a variety of activities to improve one's aerobic fitness. Emphasis will be on student's exercising at an intermediate 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. Explain the five components that make up a complete fitness program and incorporate them in class workouts which will be at 50% - 60% of their THR.

Measure of assessment: written exam, oral exam, demonstration, pre and post testing

Year assessed, or planned year of assessment: 2017

Semester: Spring

2. List and discuss the essential nutrients the body uses for energy and analyze how this relates to one's eating habits.

Measure of assessment: project (Food Diary), oral report

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. Students will complete a personal health profile. Review material from level 1 - in particular how to take their pulse, the formula used to calculate their target heart rate, and what the "I" and "E" in the FITTE principle mean. Pre-testing to determine their current aerobic capacity. Begin aerobic exercise program.

Student Performance Objectives: Complete a personal health profile, calculate their target heart rate utilizing the Karvonen formula, participate in pre-testing, and participate in aerobic exercises. Explain the "I" and "E" in the FITTE principle.

3 - 6 Hours:

Content: Presentation on the components that make up a complete fitness program - flexibility, muscular strength, muscular endurance, cardiorespiratory (aerobic) and body composition. An opportunity to have one's body composition assessed will be provided. Classes will include these components as a part of the workout routines. This may include such activities as stretching, ball crunches, single leg squats, exercises incorporating balance and stabilization, and running.

Student Performance Objectives: Describe and demonstrate the components that make up a complete fitness program. Discuss body composition and have it assessed. Participate in class workouts and utilize their target heart rate to determine their effort.

3 - 6 Hours:

Content: Review of the general principles of FITTE, followed by a discussion about the amount of "T" - time one should exercise. Classes will include activities from previous weeks as well as incorporating the use of equipment such as exercise bands and jump ropes. Students will be expected to participate in class workouts at an exercise intensity level between 50% - 60% of their THR.

Student Performance Objectives: Monitor their THR to determine their exercise intensity. Explain the importance of the amount of "T"ime spent exercising. Participate in class workouts.

4.5 - 9 Hours:

Content: Classes will include a variety of flexibility, muscular strength, muscular endurance, cardiorespiratory (aerobic), and body composition activities. A review on goal setting as it relates to lifestyle changes will take place, including a discussion on the change/goal established at level 1.

Student Performance Objectives: Monitor their THR to determine if their exercise intensity is between 50% - 60% of their THR. Identify two additional lifestyle changes and establish goals to achieve those changes. Participate in class workouts utilizing a variety of exercise routines.

10.5 - 21 Hours:

Content: Class structure will include flexibility, muscular strength training, muscular endurance training, aerobic, and body composition activities. The exercises could be performed utilizing stations and could include the use of stability balls, steps, calisthenics, etc. The status of the student's two lifestyle changes will be reviewed. Mini-lectures on nutrients; diets, including their pros and cons; and fad diets will be presented.

Student Performance Objectives: Participate in class workouts and monitor their aerobic exercise intensity level utilizing their THR. Evaluate the status of their lifestyle changes and the goals established to help them achieve those changes (from both level 1 and level 2). Complete a one week food diary, discuss nutrients, the pros and cons of dieting, and explain the effects fad diets have on the body.

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% - 30% Completion

Other methods of evaluation

Percent of total grade: 60.00 %

REPRESENTATIVE TEXTBOOKS:

Recommended Representative Textbooks

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: 135A

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: CCC000545383

Sports/Physical Education Course: Y

Taxonomy of Program: 127000