

### Course Outline

**COURSE:** KIN 44C                      **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 3

**LONG TITLE:** Core and Cardio - 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
		Total Learning Hrs:	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 high intensity 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. Describe the principles (FITTE) of a cardiovascular fitness program and incorporate them in class workouts.

Measure of assessment: discussion, written exam, demonstration

Year assessed, or planned year of assessment: 2017

Semester: Spring

2. Increase their aerobic capacity by participating in class workouts at 60% - 80% of their THR.

Measure of assessment: pre and post testing, demonstration

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 and determine their target heart rate. Pre-testing to determine their current aerobic capacity. Begin aerobic exercise program.

Student Performance Objectives: Complete a personal health profile, determine their target heart rate, participate in pre-testing, and participate in aerobic exercises.

3 - 6 Hours:

Content: Review from level 2 about the components that make up a complete fitness program. Introduce additional muscular strength and muscular endurance training exercises such as crunches with a twist, medicine ball crunches, medicine ball soccer throw and additional aerobic activities such as burpees, mountain climbers and jump rope.

Student Performance Objectives: Review the components that make up a complete fitness program and identify and demonstrate exercises that fit into each of them. Participate in class workouts and monitor their THR to determine if they are exercising at 60% - 80% of their THR.

3 - 6 Hours:

Content: Review from level 2 on the principles of FITTE. The importance of exercising 1 or 2 days outside of class time, based on the "F"requency of exercise will be stressed as well as exercising at a high level (60% - 80% of THR) of "I"ntensity. A review on body composition will be included. Continue flexibility, aerobic, muscular strength, muscular endurance, and body composition training program designed to improve one's overall health/fitness.

Student Performance Objectives: Review the principles of FITTE and discuss the importance of exercising outside of class time based on the "F"requency in the FITTE principles. Participate in class workouts at a high intensity level.

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 be provided, including a discussion on the changes/goals established at levels 1 and 2 and their status. Additional goal setting strategies will be introduced.

Student Performance Objectives: Participate in class workouts and monitor their THR to determine if their exercise intensity is between 60% - 80% of their THR. Identify 2 - 3 additional lifestyle changes and establish goals to achieve those changes.

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 individually, in small groups, and/or in mass and could include the use of a variety of exercise aids. An update on the student's lifestyle changes will be provided. Mini-lectures on such topics as weight control, vitamins, minerals, and/or eating disorders will be presented. The second "T" in FITTE will be discussed.

Student Performance Objectives: Participate in class workouts and monitor their exercise intensity level utilizing their THR. Evaluate the status of their lifestyle changes and the goals established to help them achieve those changes. Participate in the mini-lecture discussions and explain the "T" types of equipment utilized to help them improve their overall fitness.

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:

CSU Crosswalk Course Number:

Prior to College Level:

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000545384

Sports/Physical Education Course: Y

Taxonomy of Program: 127000