

Course Outline

COURSE: KIN 64 **DIVISION:** 40 **ALSO LISTED AS:** PE 64

TERM EFFECTIVE: Fall 2013 **Inactive Course**

SHORT TITLE: INDIV CARDIO FITNES

LONG TITLE: Individualized Cardiovascular Fitness

<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 fitness program which develops cardiovascular endurance through and individualized open lab format. This course has the option of a letter grade or pass/no pass. Previously listed as PE 64.

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. The student will explain the three components of a cardiovascular fitness program (FIT).

ILO: 7, 2, 1

Measure: written exam, discussion

2. The student will develop a cardiovascular fitness program specific to their needs which incorporates at least two (2) of the cardio exercise machines.

ILO: 7, 2, 6, 4

Measure: demonstration,
written exam

3. The student will monitor their target heart rate (THR) and chart their cardiovascular improvement.

ILO: 2, 7, 6

Measure: demonstration, workout chart

4. The student will discuss the value of cardiovascular exercise as a lifelong activity.

ILO: 2, 7, 6, 1

Measure: written exam, discussion

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

Inactive Course: 03/11/2013

1.5 - 3 Hours

Course orientation, including grading and the procedures for use of the open lab.

SPO: Students will explain the requirements of the course, including how they are graded, the dress code, and the use of the workout chart. They will correctly log themselves in and out of the lab.

4.5 - 9 Hours

Continue orientations as needed. Discuss the importance of stretching as a warm-up. Explain the benefits of stretching both before and after exercising and demonstrate a variety of stretches. Determine and note each students' target heart rate. Pre-testing of cardiovascular fitness level, which may include: Cooper's 12-minute walk-run fitness test, Lifecycle fitness test, 8 laps for time, Stairmaster fitness test, and/or treadmill fitness test. Explanation of the three components of a complete cardiovascular fitness program (FIT). Information on training at one's target heart rate (THR) will be provided. Set individual goals and begin a cardiovascular fitness program.

SPO: At least five (5) stretches will be demonstrated by the students. They will participate in a cardiovascular fitness test. Students will explain what FIT stands for and discuss the benefits of training at one's THR.

6 - 12 Hours

Continue working on a cardiovascular fitness program. Information will be provided, and the students will experience a variety of workouts utilizing the track, Lifecycle, cross country course, treadmill, and Stairmaster. Re-testing could be provided to indicate improvement.

SPO: The students will demonstrate how to use the Lifecycle, treadmill and Stairmaster. They will participate in cardio workouts.

13.5 - 27 Hours Students will continue to work on their cardio fitness program. Stations, intervals, and speed workouts will be explained and may be included in their workouts, as well as the workouts utilized earlier. Post-testing to determine improvement.

SPO: Students will develop a cardiovascular workout routine and apply the skills learned into a weekly workout program. They will record their progress on their workout chart. Students will explain two different types of cardio workouts.

2 Hours

Written final.

This is a skill building class where the student's skills or proficiencies will be enhanced by supervised repetition and practice in class.

METHODS OF INSTRUCTION:

demonstration, small groups, discussion

METHODS OF EVALUATION:

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Other: Short answer

Other category:

Other: Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 20% - 30%

Objective examinations: 10% - 20%

Other methods of evaluation: 50% - 80%

JUSTIFICATION:

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.
- 3) This more closely describes what our profession is about.
"Kinesiology is the academic discipline concerned with the art and science of human movement."
- 4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.
- 5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified

with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

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: 64

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: CCC000528388

Sports/Physical Education Course: Y

Taxonomy of Program: 083500