

### Course Outline

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

**TERM EFFECTIVE:** Spring 2022                      **CURRICULUM APPROVAL DATE:** 03/8/2022

**SHORT TITLE:** INDIV CARDIO FITNESS - LEVEL 1

**LONG TITLE:** Individualized Cardiovascular Fitness - 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:**

An open laboratory for those who desire an individualized cardiovascular fitness training program of moderate exertion using the FITTE principles. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 64. 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. Participate in a cardiovascular fitness program that applies the FITTE principle and utilizes one's THR to monitor exertion levels of a beginner's intensity level.
2. Describe the value of cardiovascular exercise as a lifelong activity.

## **COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Participate in a cardiovascular fitness program that applies the FITTE principle and utilizes their appropriate THR to monitor their exertion level. Describe the health benefits of exercise.
2. Participate in cardiovascular workouts, utilizing their THR to monitor their exertion. They will calculate their THR using the Karvonen formula. They will demonstrate how to correctly use the Lifecycle and treadmill.
3. Demonstrate at least five (5) stretches beneficial for cardiovascular fitness warm-up/cool-down. They will describe the benefits of stretching both before and after exercise. They will explain the FITTE principles. They will participate in assigned workouts.

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

Curriculum Approval Date: 03/8/2022

1.5 - 3 Hours: Course orientation, including grading and the procedures for use of the open lab.

4.5 - 9 Hours: Continue orientations as

needed. Discuss the importance of stretching as a warm-up and cool-down. Explain the benefits of stretching both before and after exercising and demonstrate a variety of stretches. Could utilize pre-testing to determine student's cardiovascular fitness level. Introduce FITTE principles: Frequency, Intensity, Time, Type of Equipment, and Enjoyment. Introduce and practice cardiovascular workouts which include a warm-up phase/activities/ and a cool-down phase.

6 - 12 Hours: Continue cardiovascular

workouts which include a warm-up/activity/and cool-down phase. Provide workouts which contain a warm-up - walking and stretching for 5 - 10 minutes; a conditioning phase - walking at a pace that

gives a light to moderate exertion (35% - 55% of THR) for 15 - 25 minutes; and cool-down - walking and stretching for 5 - 10 minutes. Provide information on calculating one's THR (Target Heart Rate)

using the Karvonen formula. Presentation on how to use the Lifecycle and treadmill.

13.5 - 28 Hours: Continue cardiovascular workouts which contain a

warm-up/activity/and cool-down utilizing the FITTE principles. Workouts can be performed on the track, Lifecycle, and/or treadmill. Continue to monitor one's exertion level utilizing THR.

Discussion on the health benefits of cardiovascular fitness. Could utilize post-testing to determine improvement.

SPO: Students will participate in a cardiovascular fitness program that applies the

FITTE principles and utilizes their THR to monitor their exertion level. They will describe the health benefits of exercise.

2 Hours: Written final.

## **METHODS OF INSTRUCTION:**

demonstration, small groups, discussion

**METHODS OF EVALUATION:**

Skill demonstrations  
Evaluation Percent 20  
Evaluation Description  
20% - 30% Performance exams

Objective examinations  
Evaluation Percent 10  
Evaluation Description  
10% - 20% Short answer

Other methods of evaluation  
Evaluation Percent 70  
Evaluation Description  
50% - 80% Requires student participation

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

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: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000542045

Sports/Physical Education Course: Y

Taxonomy of Program: 127000