

Course Outline

COURSE: KIN 64B **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 2

LONG TITLE: Individualized Cardiovascular Fitness - 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:

An open laboratory for those who desire an intermediate level fitness program utilizing an individualized cardiovascular training approach. 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 principles and utilizes one's THR to monitor exertion levels of 55% - 70% intensity.
2. Describe the modifications one would make to their workout routine if their goal was to lose weight.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Develop a cardiovascular workout routine and apply the skills learned into a weekly workout program. Record progress on a workout chart. Monitor THR to determine exertion levels.
2. Participate in cardiovascular workouts at a range of 55% - 70% intensity level, utilizing the appropriate THR to monitor exertion. Demonstrate how to correctly use the elliptical and Stairmaster. Alternate using various cardiovascular machines to provide for a higher intensity level workout.
3. Explain the changes that could be incorporated in a cardiovascular fitness program if the goal was weight loss. Participate in cardiovascular workouts utilizing the appropriate THR to monitor exertion levels.

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. Review material from level 1 and in particular FITTE, the use of one's THR to monitor workout intensity, and the importance of stretching as a warm-up and cool-down. Discussion of the differences in program planning for weight loss. Could utilize pre-testing to determine student's cardiovascular fitness level. Determine and note each students' THR range for intermediate exertion.

Set individual goals and complete cardiovascular workouts which contain a warm-up (stretching)/cardio activity/cool-down (stretching).

6 - 12 Hours: Provide workouts which contain a warm-up - stretching/walking/jogging for 10 minutes; a conditioning phase - powering walking/jogging at a medium exertion (55% - 70% of THR) for 20 - 25 minutes; and

cool-down - jogging/walking/stretching for 10 minutes. Review how to correctly use the Lifecycle and treadmill and present information on how to program the equipment to provide workouts at a higher intensity level. Introduce use of the elliptical and Stairmaster equipment.

13.5 - 28 Hours: Continue cardiovascular workouts which contain 10 minutes stretching/ warm-up; 20 - 25 minutes of activity at 55% - 70% THR; and 10 minutes of cool-down/stretching.

Workouts can be performed on the track, elliptical, Stairmaster, Lifecycle, and/or treadmill. Could utilize post-testing to determine improvement.

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% Requires student participation

Other methods of evaluation

Evaluation Percent 70

Evaluation Description

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: CCC000542046

Sports/Physical Education Course: Y

Taxonomy of Program: 127000