

Course Outline

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

TERM EFFECTIVE: Spring 2022 **CURRICULUM APPROVAL DATE:** 03/08/2022

SHORT TITLE: INDIV CARDIO FITNESS - LEVEL 3

LONG TITLE: Individualized Cardiovascular Fitness - 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

COURSE DESCRIPTION:

An open laboratory for those who desire an individualized cardiovascular fitness training program of high intensity activities 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 principles and utilizes one's THR to monitor exertion levels of 70% - 85% intensity.
2. Incorporate at least three (3) modes/types of activities into their cardiovascular fitness program.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Utilize a variety of activities, including those newly introduced, in weekly workout routines. Record progress on workout chart.
2. Participate in cardiovascular workouts at a range of 70% - 85% intensity level, utilizing appropriate THR to monitor exertion. Utilize a variety of workouts/equipment performed at a high level intensity.
3. Participate in cardiovascular workouts utilizing appropriate THR to monitor exertion levels. Establish and work toward achieving individual fitness goal.

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

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

4.5 - 9 Hours: Continue orientation as needed.

Review material from level 2. Determine and note each students' THR range for high intensity exertion. Could utilize pre-testing to determine student's cardiovascular fitness level. Set individual goals and complete cardiovascular workouts which contain a warm-up (stretching)/cardio activities and cool-down (stretching).

6 - 12 Hours: Provide workouts which contain a warm-up - stretching/light cardiovascular activity for 10 minutes; a conditioning phase - running/sprinting/other cardio activities at a high intensity exertion (70% - 85% of THR) for 30 - 35 minutes; and cool-down - light cardiovascular activity/stretching for 10 minutes. Review how to correctly use the elliptical and Stairmaster and present information on what programs on each piece of cardio equipment could be utilized to achieve workouts at a high intensity exertion rate. Introduce the use of the cross-country course, as a whole or in parts.

13.5 - 28 Hours: Introduce the use of a jump rope, exercise rope, incline work, steps, and/or ladder to augment high intensity workouts. Continue cardiovascular workouts which contain 10 minutes stretching/warm-up; 30 - 35 minutes of activity at 70% - 85%

THR; and 10 minutes of cool-down/stretching. 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% Short answer

Other methods of evaluation
Evaluation Percent 70
Evaluation Description
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: CCC000542047

Sports/Physical Education Course: Y

Taxonomy of Program: 127000