

### Course Outline

**COURSE:** KIN 64D                      **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 4

**LONG TITLE:** Individualized Cardiovascular Fitness - Level 4

<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:**

An open laboratory for those who desire an individualized cardiovascular fitness program utilizing the FITTE principles. High intensity training programs such as stage training and circuit training will be included. 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. Explain the principles behind and incorporate High intensity interval training and circuit training in their cardiovascular fitness program.

## **COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Discuss the benefits of using circuit training/stations in their workouts. Monitor THR to determine exertion levels.
2. Describe the purpose of HIIT and stage training, explaining what each is designed to accomplish. Participate in HIIT workouts as well as other cardio workout routines.
3. Determine individual workout routines, incorporate a variety of cardio activities, and perform a variety of workouts at a high intensity level.

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

Curriculum Approval Date: 03/08/2022

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

4.5 - 9 Hours: Continue orientation as needed.

Review information from level 3. Establish workout expectations: 10 minutes warm-up; 30 - 40 minutes of high intensity activity; and 10 minutes of cool-down. Complete a variety of workouts utilizing a variety of activities at a high intensity level.

6 - 12 Hours: Provide information on High intensity interval training (HIIT) and stage training, such as purpose and what each is designed to accomplish. Introduce examples of the types of workouts. Continue to perform cardiovascular workouts utilizing a variety of modes/types of activities at a high intensity level.

13.5 - 28 Hours: Continue cardiovascular workouts which contain 10

minutes warm-up; 30 - 40 minutes of high intensity activity; and 10 minutes of cool-down. Review and incorporate HIIT and stages into the workouts. Introduce circuit training/stations into workouts and provide examples for students.

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: CCC000542048

Sports/Physical Education Course: Y

Taxonomy of Program: 127000