

Course Outline

COURSE: KIN 68 **DIVISION:** 40 **ALSO LISTED AS:** PE 68

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: BOOTCAMP FITNESS

LONG TITLE: Bootcamp 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 challenging series of drills and exercises that develop, improve and increase strength, flexibility, agility and cardiovascular activities. Designed for all levels of fitness. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously known as PE 68.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
 Maximum of 3 times

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Students will calculate and monitor their Resting Heart Rate (RHR) and their Training Heart Rate (THR) at various intensity levels.

Measure: Pre and Post Testing

PLO:

ILO: 7, 2, 6

GE-LO: A1, A2

Assessment Year: Spring 2012

2. Demonstrate cardiovascular conditioning drills.

Measure: Testing

PLO:

ILO: 6, 7

GE-LO: E1, A1

Assessment Year: Spring 2012

3. Demonstrate 5 upper body and 5 lower body strength exercises through the use of either body weight or resistance bands.

Measure: Performance based

PLO:

ILO: 7, 2, 1, 4

GE-LO: E1, A1

Assessment Year: Spring 2012

4. Demonstrate 4 core strength exercises and 2 core flexibility exercises.

Measure: Performance

PLO:

ILO: 7, 2, 1, 4

GE-LO: E1, A1

Assessment Year: Spring 2012

5. Students will perform 2 upper and 2 lower body flexibility exercises.

Measure: Demonstration

PLO:

ILO: 7, 2, 1, 4

GE-LO: E1, A1

Assessment Year: Spring 2012

6. Demonstrate agility drills.

Measure: Testing

PLO:

ILO: 6, 7

GE-LO: E1, A1

Assessment Year: Spring 2012

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

Inactive Course: 09/26/2011

CONTENT: Students who repeat the class will have the opportunity to learn additional exercises designed to improve their strength, agility, and flexibility. They can also improve their cardiovascular fitness level by increasing the number of repetitions of each exercise and increasing their THR.

1.5 - 3 Hours

CONTENT: Introduction to class, including course syllabus, course expectations, grading, and attendance policies. Appropriate attire will be discussed. Fitness assessments will be conducted (cardiovascular, upper body, lower body, and core strength).

SPO: Students will participate in fitness assessments.

3 - 6 Hours

CONTENT: Agility and cardiovascular drills will be introduced. Conditioning. Teach students how to determine Resting Heart Rate (RHR) and calculate appropriate Training Heart Rate (THR). Agility and cardiovascular drills will continue.

SPO: Students will be able to demonstrate the drills introduced. Students will be able to determine their RHR and calculate their THR.

3 - 6 Hours

CONTENT: Conditioning. Check THR. Flexibility exercises will be introduced. Continue conditioning. Upper body, lower body, and core strength drills using the weight of one's body will be introduced.

SPO: Two different flexibility exercises will be demonstrated by the students. Proper technique will be utilized by the students.

1.5 - 3 Hours

CONTENT: Conditioning. Strength drills will be incorporated into the conditioning routine (agility and cardiovascular).

SPO: Students will be able to demonstrate the new exercises.

3 - 6 Hours

CONTENT: Intervals will be introduced into the conditioning routine. Continue working on increased THR through use of interval drills. Check THR. New interval drills will also be introduced.

SPO: Students will be able to calculate the appropriate training heart rate for intervals. Students will be able to demonstrate the new exercises.

3 - 6 Hours

CONTENT: Continue exercise program. Jump roping will be introduced as a means of conditioning, both in the regular exercise program and in the intervals.

SPO: Students will participate in conditioning exercises utilizing jump ropes. Students will be able to apply these techniques in class workouts.

3 - 6 Hours

CONTENT: Continue workouts. Introduce resistance bands as a component of upper and lower body strength training. Additional exercises incorporating the use of resistance bands will be introduced.

SPO: Each student will be able to perform an upper and a lower body strength exercise using the resistance band. Students will be able to demonstrate any new exercises that are introduced.

3 - 6 Hours

CONTENT: Continue conditioning program. Increase intensity and duration of conditioning. Check THR. Also increase intensity and duration of strength exercises.

SPO: Students will participate in class workouts. Students will apply these techniques in class workouts.

4.5 - 9 Hours

CONTENT: Continue conditioning program utilizing a variety of workouts. Check THR. Complete post fitness assessment.

SPO: Students will demonstrate 5 upper and 5 lower body strength exercises during the course of the workout. During the conditioning, students will demonstrate 4 core strength exercises. They will participate in post testing.

2 Hours

Final

METHODS OF INSTRUCTION:

Demonstration, small groups, stations

METHODS OF EVALUATION:

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily:

Involves skill demonstrations or problem solving

The problem-solving assignments required:

Other: Calculate THR

The types of skill demonstrations required:

Performance exams

Other: Pre and Post Fitness Assessment

The types of objective examinations used in the course:

None

Other category:

Class participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 5% - 10%

Skill demonstrations: 30% - 50%

Objective examinations: 0% - 0%

Other methods of evaluation: 40% - 60%

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: 68
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: CCC000381384
Sports/Physical Education Course: Y
Taxonomy of Program: 083500