



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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### Course Outline

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

**TERM EFFECTIVE:** Spring 2021                      **CURRICULUM APPROVAL DATE** 06/09/2020

**SHORT TITLE:** BOOTCAMP FITNESS - LEVEL 1

**LONG TITLE:** Bootcamp 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
		Total Learning Hrs:	27 OR 54	

#### **COURSE DESCRIPTION:**

A challenging series of drills and exercises that develop, improve an increase strength, flexibility, agility and cardiovascular fitness. Emphasis will be on student's exercising at a moderate (40% - 50% THR) exertion level. This course has the option of a letter grade or pass/no pass. 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. Calculate their Target Heart Rate (THR) and then apply their THR to determine their workouts are at 40% - 50% of their THR.
2. Demonstrate 3 upper body and 3 lower body beginning level strength exercises utilizing one's body weight for resistance.
3. Demonstrate 2 core strength exercises and 2 core flexibility beginning level exercises for both the upper and lower body.

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

Curriculum Approval Date 06/09/2020

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).

Student Performance Objectives: Participate in fitness assessments.

3 - 6 Hours

Content: Basic agility and cardiovascular drills will be introduced. Conditioning to include such exercises as jumping jacks, lunges, power walking, and power skipping. Teach students how to determine Resting Heart Rate (RHR) and calculate appropriate Target Heart Rate (THR). Basic agility and cardiovascular drills will continue.

Student Performance Objectives: Demonstrate the basic drills introduced. Determine their RHR and calculate their THR.

3 - 6 Hours

Content: Basic conditioning. Check THR to determine if they are working at a 40% - 50% intensity level. Basic flexibility

exercises will be introduced. Continue basic conditioning drills. Basic upper body, lower body, and core strength drills using the weight of one's body will be introduced, such as burpees, flutter kicks, modified push ups, and modified lower back bends.

Student Performance Objectives: Demonstrate two different basic flexibility exercises. Utilize proper techniques.

1.5 - 3 Hours

Content: Continue basic conditioning including such exercises as ice skaters, squats, and jump rope drill (without the rope). Basic strength training drills will be incorporated into the conditioning routine (agility and cardiovascular).

Student Performance Objectives: Demonstrate the new exercises. Participate in class workouts.

3 - 6 Hours

Content: Basic intervals will be introduced into the conditioning routine. Continue working on increasing cardiovascular fitness through the use of interval drills. Combine 3 - 5 exercises into a routine, for example: 20 squats, 10 push ups, 20 walking lunges, 20 burpees, and 30 jumping jacks. Check THR to make sure they are working at a 40% - 50% intensity level. New basic interval drills will also be introduced.

Student Performance Objectives: Calculate the appropriate target heart rate for intervals. Demonstrate the new exercises and participate in class workouts.

3 - 6 Hours

Content: Complete mid-way fitness assessment. Continue basic exercise program. Jump roping will be introduced as a means of conditioning, both in the regular exercise program and in the intervals.

Student Performance Objectives: Participate in mid-way fitness testing. Participate in conditioning exercises utilizing jump ropes. Apply these techniques in class workouts.

3 - 6 Hours

Content: Continue basic workouts including upper and lower body strength training. Additional basic exercises incorporating the use of one's body weight will be introduced, such as inchworms, wall sit, and plank.

Student Performance Objectives: Perform two upper and two lower body strength exercise using one's body weight for resistance. Demonstrate any new exercises that are introduced and participate in class workouts.

3 - 6 Hours

Content: Continue basic conditioning program. Increase intensity and duration of conditioning. For example: students will complete each routine a second or third time. An example of a routine might be: 10 tuck jumps, 15 seconds plank, 30 seconds of power skipping, 20 burpees, and 20 walking lunges. Check THR to make sure they are working at a 40% - 50% intensity level. Also increase intensity and duration of basic strength exercises.

Student Performance Objectives: Participate in class workouts. Monitor their THR to determine their class workout intensity level.

4 - 10 Hours

Content: Continue basic conditioning program utilizing a variety of workouts, including the use of jump ropes. Check THR. Complete post fitness assessment.

Student Performance Objectives: Demonstrate 3 upper and 3 lower body basic strength exercises during the course of their workouts. Demonstrate 2 basic core strength exercises during conditioning exercises. Participate in post testing.

2 Hours

Final

#### **METHODS OF INSTRUCTION:**

Demonstration, Guided Practice, Stations

#### **METHODS OF EVALUATION:**

Problem-solving assignments

Percent of total grade: 10.00 %

5% - 10% Calculate THR

Skill demonstrations

Percent of total grade: 40.00 %

30% - 50% Performance exams; Other: Pre and Post Fitness Assessment

Other methods of evaluation

Percent of total grade: 50.00 %

40% - 60% Class participation required.

#### **REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Not Transferable

**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: CCC000558723

Sports/Physical Education Course: Y

Taxonomy of Program: 127000