

Course Outline

COURSE: KIN 84

DIVISION: 40

ALSO LISTED AS:

TERM EFFECTIVE: Summer 2025

CURRICULUM APPROVAL DATE: 04/08/2025

SHORT TITLE: ASSESSMENT FITNESS TECHNIQUES

LONG TITLE: Assessment of Fitness Techniques

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
3	18	Lecture:	2	36
		Lab:	3	54
		Other:	0	0
		Total:	5	90

Out of Class Hrs: 72.00

Total Learning Hrs: 162.00

COURSE DESCRIPTION:

This course is designed to provide the student with a foundation of the principles and techniques of conducting assessments for each of the health related components of fitness. This includes health screening details, how to use them in the determination of program design, and medical referral prior to exercise participation testing. This course provides practical lab application of the material presented in lecture.

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 02 - Lecture and/or discussion
- 03 - Lecture/Laboratory
- 04 - Laboratory/Studio/Activity
- 047 - Laboratory - LEH 0.7
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed
- 73 - Dist. Ed Internet Delayed LAB
- 737 - Dist. Ed Internet LAB-LEH 0.7

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. List, discuss and demonstrate the components of health related physical fitness and the appropriate assessments for each, including postural deviations.
2. Describe pre-assessment screening and risk factor assessments, as well as the importance of measuring health related physical fitness and its relationship to health and function.

COURSE OBJECTIVES:

1. Lab - Collect data and report their findings.
2. Lab - Demonstrate the appropriate protocol and interpretations of sub maximal and maximal cardio respiratory fitness.
3. Lab - Demonstrate a ROM assessment and explain its purpose.
4. Lab - Demonstrate skin-fold measurements and produce a written report on their findings.
5. Lab - Calculate metabolic equivalent (MET) and explain its interpretation.
6. Lab - Demonstrate how to take resting heart rate, blood pressure, calculate BMI and provide interpretations for each.
7. Lab - Perform postural deviation testing and suggest appropriate exercises/stretchers.
8. Lab - Explain and describe pre-assessment procedures on clientele.
9. Lab - Observe and discuss the various exercises being performed by clientele.
10. Lab - Recognize correct vs. incorrect weight training techniques.
11. Lecture - Define cardiorespiratory fitness and list the different tests for assessment.
12. Lecture - Define range of motion (ROM) and list appropriate techniques for assessment.
13. Lecture - Define and explain muscular strength and endurance.
14. Lecture - Define body composition and list and explain each of the measures utilized for testing.
15. Lecture - Explain the different risk factor assessments and interpretations.
16. Lecture - Analyze posture and apply appropriate exercises for each postural deviation.
17. Lecture - Discuss informed consent and its process and explain the procedures of the health history questionnaire.
18. Lecture - Explain the importance of being objective when interpreting issues and types of standards with assessments.
19. Lecture - Discuss health related physical fitness and the relationship of physical fitness to health and function. Demonstrate professionalism.

COURSE CONTENT:

Curriculum Approval Date: 04/08/2025

LECTURE CONTENT:

4.5 Lecture

Content: Lecture - Presentation of syllabus and requirement for portfolios. Lecture on health related physical fitness, principles of assessment and professionalism.

4.5 Lecture

Content: Lecture - Presentation of pre-assessment screening.

4.5 Lecture

Content: Lecture - Discussion on postural deviations.

4.5 Lecture

Content: Lecture - Lecture on risk factor assessments.

4.5 Lecture

Content: Lecture - Discussion on body composition, testing and estimation of goal weight.

4.5 Lecture

Content: Lecture - Muscular strength and endurance discussion.

4.5 Lecture

Content: Lecture - Lecture on flexibility as a component of health-related physical fitness.

4.5 Lecture

Content: Lecture - Discussion on cardio respiratory fitness. Final review.

2 Hours /

Final Exam.

LAB CONTENT:

3 Lab Hours

Content: Lab - Tour the on campus fitness facility. Observation of fitness facility.

7 Lab Hours

Content: Lab - Continue with pre-assessment screening. Interview classmate with HHQ and complete the health fitness facility pre-participation screening questionnaire. Explain in writing if this person would be a candidate for completing an HRPF assessment of cardiorespiratory fitness. Review with partners key elements of informed consent and explain body composition assessment. In the fitness center, interview one student and practice taking them through pre-assessment procedures.

7 Lab Hours

Content: Lab - Demonstrations of testing procedures for postural deviations.

6 Lab Hours

Content: Lab - Resting blood pressure assessment, BMI assessment. International Physical Activity Questionnaire Assessment.

9 Lab Hours

Content: Lab - Skin fold estimation of body fat percentage.

8 Lab Hours

Content: Lab - Discussion on assessment of muscular strength and endurance.

6 Lab Hours

Content: Lab - Students will perform ROM assessments.

8 Lab Hours

Content: Lab - Discussion on sub maximal and maximal tests. Review for final.

2 Hours /

Final Exam.

METHODS OF INSTRUCTION:

lecture, discussion, guided discovery, small group interaction, demonstration

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours 8

Assignment Description

Out-of-Class Assignments: Read appropriate chapter(s) in textbook.

Required Outside Hours 6

Assignment Description

Out-of-Class Assignments: Read appropriate chapter(s) in textbook. Homework: Take someone over the age of 45 through the Health History questionnaire. Determine this person's risk stratification classification. Complete Case Study.

Required Outside Hours 6

Assignment Description

Out-of-Class Assignments: Read/review appropriate material/textbook chapter(s).

Required Outside Hours 10

Assignment Description

Out-of-Class Assignments: Read appropriate textbook chapter(s). Homework: Complete Case Study.

Required Outside Hours 12

Assignment Description

Out-of-Class Assignments: Read appropriate textbook chapter(s). Homework: Calculate goal body weight. Complete Case Study.

Required Outside Hours 12

Assignment Description

Out-of-Class Assignments: Read appropriate material/textbook chapters. Study for quizzes/exams.

Required Outside Hours 12

Assignment Description

Out-of-Class Assignments: Read appropriate textbook chapter(s). Homework: Complete Case Studies. Review for final.

Required Outside Hours 6

Assignment Description

Out-of-Class Assignments: Read appropriate textbook chapter(s). Homework: Complete Case Study

METHODS OF EVALUATION:

Writing assignments

Evaluation Percent 25

Evaluation Description

Percent range of total grade: 20 % to 40 %

Written Homework;

Lab Reports;

Other: Portfolio, Case Studies

Problem-solving assignments

Evaluation Percent 25

Evaluation Description

Percent range of total grade: 20 % to 30 %

Homework Problems;

Lab Reports;

Quizzes

Skill demonstrations

Evaluation Percent 25

Evaluation Description

Percent range of total grade: 20 % to 30 %

Demonstration Exams

Objective examinations

Evaluation Percent 25

Evaluation Description

Percent range of total grade: 20 % to 30 %

Multiple Choice;

True/False;

Matching Items

REPRESENTATIVE TEXTBOOKS:

NASM Essentials of Personal Training, or other appropriate college level text., National Academy of Sports Medicine (NASM), Jones and Bartlett Learning; 7th Edition, 2021 or a comparable textbook/material.

ISBN: 978-1284200881

13th Grade Verified by: Publisher

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 202530

GAV Area 7 = Life Learn & Dev, effective 202530

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 202530

Not Transferable

UC TRANSFER:

Not Transferable

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: D

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000530484

Sports/Physical Education Course: N

Taxonomy of Program: 083520