



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 84 **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 12/8/2020

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
		Total Learning Hrs:	162	

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.

PREREQUISITES:

COREQUISITES:

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:

1. List, discuss and demonstrate the components of health related physical fitness and the appropriate assessments for each, including postural deviations.

Measure of assessment: written exam, presentation, discussion, homework

Year assessed, or planned year of assessment: 2018

Semester: Spring

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.

Measure of assessment: homework, exam

Year assessed, or planned year of assessment: 2018

Semester: Spring

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

Curriculum Approval Date: 12/8/2020

DE MODIFICATION ONLY

Lecture Content:

2 Lecture

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

Student Performance Objectives: Lecture - Discuss health related physical fitness and the relationship of physical fitness to health and function. Demonstrate professionalism. Explain the importance of being objective when interpreting issues and types of standards with assessments.

3 Lecture

Content: Lecture - Presentation of pre-assessment screening.

Student Performance Objectives: Lecture - Discuss informed consent and its process and explain the procedures of the health history questionnaire.

3 Lecture

Content: Lecture - Discussion on postural deviations.

Student Performance Objectives: Lecture - Analyze posture and apply appropriate exercises for each deviation.

5 Lecture

Content: Lecture - Lecture on risk factor assessments.

Student Performance Objectives: Lecture - Explain the different risk factor assessments and interpretations.

6 Lecture

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

Student Performance Objectives: Lecture - Define body composition and list and explain each of the measures utilized for testing.

6 Lecture

Content: Lecture - Muscular strength and endurance discussion.

Student Performance Objectives: Lecture - Define and explain muscular strength and endurance.

3 Lecture

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

Student Performance Objectives: Lecture - Define range of motion (ROM) and list appropriate techniques for assessment.

6 Lecture

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

Student Performance Objectives: Lecture - Define cardio respiratory fitness and list the different tests for assessment.

2 Hours

Final

Lab Content:

3 Lab Hours

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

Student Performance Objectives: Lab - Recognize correct vs. incorrect weight training techniques. Discuss the various exercises they observed being performed.

6 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.

Student Performance Objectives: Lab - Explain and describe pre-assessment procedures on clientele.

7 Lab Hours

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

Student Performance Objectives: Lab - Perform postural deviation testing and appropriate exercises/stretching.

6 Lab Hours

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

Student Performance Objectives: Lab - Demonstrate how to take resting blood pressure, calculate BMI and provide interpretations for each. Calculate metabolic equivalent (MET) and explain its interpretation.

6 Lab Hours

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

Student Performance Objectives: Lab - Demonstrate skin fold measurements and produce a written report on their findings.

9 Lab Hours

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

Student Performance Objectives: Lab - Collect data and report their findings.

6 Lab Hours

Content: Lab - Students will perform ROM assessments.

Student Performance Objectives: Lab - Demonstrate a ROM assessment and explain its purpose.

9 Lab Hours

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

Student Performance Objectives: Lab - Demonstrate the appropriate protocol and interpretations of sub maximal and

maximal cardio respiratory fitness.

2 Hours

Final

METHODS OF INSTRUCTION:

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

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 25.00 %

Percent range of total grade: 20 % to 40 % Written Homework; Lab Reports; Other: Portfolio, Case Studies

Problem-solving assignments

Percent of total grade: 25.00 %

Percent range of total grade: 20 % to 30 % Homework Problems; Lab Reports; Quizzes

Skill demonstrations

Percent of total grade: 25.00 %

Percent range of total grade: 20 % to 30 % Demonstration Exams

Objective examinations

Percent of total grade: 25.00 %

Percent range of total grade: 20 % to 30 % Multiple Choice; True/False; Matching Items

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 4

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: 6

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: Complete Case Studies. Review for final.

REPRESENTATIVE TEXTBOOKS:

American College of Sports Medicine; Leonard A. Kaminsky, Editor. ACSM's Health-Related Physical Fitness Assessment Manual, or other appropriate college level text.. Baltimore, MD: Wolters Kluwer/Lippincott Williams&Wilkins,2014.

ISBN: 978-1451115680

Reading Level of Text, Grade: 13th Verified by: Publisher

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201670

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201670

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: KIN

CSU Crosswalk Course Number: 84

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: D

Maximum Hours: 3

Minimum Hours: 3

Course Control Number: CCC000530484

Sports/Physical Education Course: Y

Taxonomy of Program: 083520