

Course Outline

COURSE: KIN 85 **DIVISION:** 40 **ALSO LISTED AS:**

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

SHORT TITLE: PRG DESIGN STRNGTH/CARDIO FTNS

LONG TITLE: Concepts, Program Design of Strength, Cardiovascular Fitness

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

COURSE DESCRIPTION:

This course is designed for the fitness specialist who wants knowledge of all aspects of resistance training and cardiovascular fitness. Emphasis will be on developing a physiologically sound and client-centered exercise prescription program. Students will learn program design, periodization training, effective exercises and stretches to improve client goals.

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
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed

STUDENT LEARNING OUTCOMES:

1. Discuss basic exercise science including identifying major muscles of the upper and lower body and demonstrating proper resistance training techniques for each.

Measure of assessment: written exam, oral report/presentation, homework, discussion

Year assessed, or planned year of assessment: 2014

Semester: Fall

2. Discuss how nutrition, exercise metabolism and bioenergetics plays a role in developing an exercise prescription program.

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

Year assessed, or planned year of assessment: 2014

Semester: Fall

3. Identify and describe proper behavior modification techniques for helping clients achieve success.

Measure of assessment: homework, exam, discussion

Year assessed, or planned year of assessment: 2014

Semester: Fall

4. Develop a physiologically sound and client centered exercise prescription program.

Measure of assessment: project/report

Year assessed, or planned year of assessment: 2014

Semester: Fall

5. Analyze and discuss the proper progression for the successful development of muscular strength, endurance, and cardiovascular fitness for all populations; including load, reps, sets, frequency, volume, recovery and variation.

Measure of assessment: homework, exam, project

Year assessed, or planned year of assessment: 2014

Semester: Fall

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

Curriculum Approval Date: 12/8/2020

DE MODIFICATION ONLY

11 Hours

Content: Introduction. Presentations on: rationale for integrated training, Optimum Performance Training model (OPT), Professional development/professionalism, Exercise science including the nervous system, skeletal system and muscular system.

Student Performance Objectives (SPO): Explore past, present and future of the field. Summarize a general overview of the OPT model and discuss professional development. Describe muscle fiber types, name joints/bones and discuss the anatomy of the nervous system.

Out-of-Class Assignments: Read appropriate chapters. Complete interview assignment. Review notes and study for the quiz.

6 Hours

Content: Cardio Respiratory system ? lecture on cardiovascular, respiratory systems and cardiorespiratory function.

Student Performance Objectives (SPO): Differentiate/explain oxygen consumption and the 3 energy systems.

Out-of-Class Assignments: Read chapters. Complete assignments. Review notes. Study for quiz.

9 Hours

Content: Information presented on the human movement system and biomechanics. Lecture on motor behavior.

Student Performance Objectives (SPO): Explain planes of motion. Identify muscle actions and functional anatomy. Discuss the difference between internal and external feedback and explain motor control.

Out-of-Class Assignments: Read chapters, study for quiz. Work on project.

10 Hours

Content: Training concepts- Material presented on: flexibility, core, cardio, balance, reactive, speed agility and quickness (SAQ) training programs.

Student Performance Objectives (SPO): Identify the proper technique for each concept. Develop progressions for the various concepts.

Out-of-Class Assignments: Read chapters, work on project. Review notes, study for quiz. Observation.

9 Hours

Content: Resistance training concepts / program design. Discussion on program design and the acute variables of training, OPT model and periodization.

Student Performance Objectives (SPO): Develop physiologically sound, client centered training program, including all variables of training. Identify the different stages of the OPT model and appropriate exercises for the corresponding stage.

Out-of-Class Assignments: Read chapters, complete observation, study for quiz, complete second observation.

6 Hours

Content: Presentation on special populations. Information presented on age, obesity, diabetes, hypertension, heart disease, women and pregnancy. Presentation on nutrition and body composition. Information on behavior modification. Lecture on helping clients achieve goals.

Student Performance Objectives (SPO): Identify appropriate exercise techniques for special populations. Discuss the roles of protein, carbohydrates, lipids and water in the body. Discuss strategies to help clients achieve goals.

Out-of-Class Assignments: Read chapters. Review material and study for the final. Complete project.

2 Hours

Final.

METHODS OF INSTRUCTION:

Lecture, discussion, small group activity

METHODS OF EVALUATION:

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 25 % to 40 %

Written Homework

Term or Other Papers

Other: observations

CATEGORY 2 - The problem-solving assignments required:

Percent range of total grade: 25 % to 40 %

Quizzes

Exams

CATEGORY 3 - The types of skill demonstrations required:

Percent range of total grade: 0 % to %

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 25 % to 40 %

Multiple Choice

True/False

Matching Items

REPRESENTATIVE TEXTBOOKS:

Required:

National Academy of Sports Medicine Staff. NASM Essentials of Personal Fitness Training (National Academy of Sports Medicine) 5th Edition. Jones & Bartlett Learning, LLC, 2016.

ISBN: 9781284113099

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: 85

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: C

Maximum Hours: 3

Minimum Hours: 3

Course Control Number: CCC000529318

Sports/Physical Education Course: Y

Taxonomy of Program: 083520