

# KIN 0007 - AEROBIC FITNESS

## Catalog Description

Formerly known as PHED 7

Hours: 36 activity per unit

Description: Creative exercises to promote a wide range of flexibility, muscular strength and endurance, and cardiovascular endurance.

Includes a choreographed warm-up, aerobic segment, floorwork, and warm-down utilizing a variety of calisthenic and dance techniques and skills. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Describe the principles of fitness training and components of a safe, effective, and motivated group exercise class.
- CSLO #2: Create and develop movement patterns and explain their relationship with music.
- CSLO #3: Employ appropriate group assessment fitness testing and its application to an individual's personal fitness goals and physical limitations.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

18-72

## Outside of Class Hours

9-36

## Total Student Learning Hours

27-108

## Course Objectives

1. Design and assess a total body workout specifically for their physical needs;
2. Calculate Body Mass Index to determine overall fitness level;
3. Compare and contrast the connection between a consistent exercise program and muscle balance;
4. Analyze the social aspects of group fitness;
5. Demonstrate increased level of aerobic fitness by regular participation in exercise of increasing intensity;
6. Compare and contrast dynamic and static stretching techniques for warm up;
7. Demonstrate and apply proper and safe basic moves of choreography;
8. Calculate target heart rate as it relates to specific fitness goals;
9. Develop strategies to reduce injuries through safe practices; and
10. Compare and contrast group exercise modalities.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed

- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

## Methods of Evaluation

- Classroom Discussions
  - Example: Through a class discussion on aerobic training zones, the students will develop a specific aerobic routine and assess heart rates at the beginning and end of the routine.
- Objective Examinations
  - Example: Students will take an objective examination on determining target heart rates. Sample Test Question: Using the formula for target heart rate and your age, determine what your training zone is?
- Skill Demonstrations
  - Example: The students will demonstrate a step routine and evaluate its benefit to group aerobic fitness.

## Repeatable

No

## Methods of Instruction

- Activity
- Distance Learning

Activity:

1. The instructor will use a PowerPoint presentation lecture to demonstrate the target heart rate formula and instruct the students in calculating their personal target heart rate.
2. After the instructor's lecture on stationary cycling technique, the students will design their own stationary cycling workout program.

Distance Learning

1. Following an instructor lecture on calculating body mass, students will calculate the body mass of themselves using the Body Mass Index to determine overall fitness level. They will then post their findings and comment on other students posts.

## Typical Out of Class Assignments Reading Assignments

1. Read two journal articles in American College of Sports Medicine about aerobic fitness and write a summary.
2. Read an article on target heart rates and write a one-page report on how target heart rates effect aerobic workouts.

## Writing, Problem Solving or Performance

1. Design an aerobic dance routine that incorporates movement, music and choreography.
2. Write a one page paper that compares the pros and cons of aerobic exercise.
3. Compare and contrast the nutritional value of two different fast food hamburgers.

**Other (Term projects, research papers, portfolios, etc.)**

**Required Materials**

- Methods of Group Instruction
  - Author: Carol Kennedy-Armbruster
  - Publisher: Human Kinetics
  - Publication Date: 2014
  - Text Edition: 3rd
  - Classic Textbook?:
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**