

KIN 0010 - FITNESS AND WEIGHT MANAGEMENT BOOT CAMP

Catalog Description

Formerly known as PHED 22

Hours: 54 (18 lecture, 36 activity) 2 units; 72 (36 lecture, 36 activity) 3 units

Description: Encourages a healthy attitude toward exercise, wellness and weight management. Topics include assessing and improving fitness levels, as well as nutrition, healthy living, and active lifestyle strategies that are involved in attaining and maintaining appropriate levels of wellness. Students with body mass indexes of 25 or over are best suited for this course because of the emphasis on weight management. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Create a goal setting plan to improve Body Composition by transitioning fitness standards.
- CSLO #2: Examine and calculate the appropriate intake of nutritional foods through an understanding of the new USDA guidelines.
- CSLO #3: Design a cardio-respiratory, muscular endurance/strength and flexibility training program that will increase metabolism and change body composition through advanced weight training and aerobic techniques.
- CSLO #4: Explain the psychological factors that challenge adherence to exercise and weight management.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

54-72

Outside of Class Hours

54-90

Total Student Learning Hours

108-162

Course Objectives

1. The student will document food intake in a food diary for 7 days. The student will construct a plan to eliminate 250 calories of food per day and at the same time, increase the consumption of fiber to 25 grams a day (female) or 35 grams (male). The student will be required to determine the empty calories that may be replaced with complex carbohydrates or high fiber vegetables.
2. The student will compare and contrast four different forms of protein and determine which protein sources are the healthiest by looking at

percentages of saturated fat, total grams of protein by ounce and the monetary cost per ounce.

3. The student will select 3 preferred breakfasts that will supply sufficient amounts of complex carbohydrates, protein and low sugar for less than 300 calories. The breakfast must still provide 25-30% of vitamins and minerals that are appropriate for the gender, age and activity levels.

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

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Pass an objective exam with proficiency that will assess knowledge of label reading and basic nutrition. Example question: What fats listed in the ingredients list will translate to saturated fat?
- Projects
 - Example: Design, plan, shop and execute a meal for two people that will include three servings of vegetables, a lean protein and have a caloric intake of less than 800 calories. Three courses must be included in the meal. Post a picture of the meal on canvas under discussion.
- Skill Demonstrations
 - Example: Demonstrate to the class the proper techniques involved in doing a drop set for the quadriceps in the weight room. Show on the white board the plan repetitions and sets and execute the drill.

Repeatable

No

Methods of Instruction

- Activity
- Lecture/Discussion
- Distance Learning

Activity:

1. The instructor will assign students to demonstrate super sets in groups that challenge the major muscles of the legs. Students will write down a super set for the quadriceps and the name of the exercise.

Lecture:

1. The instructor will facilitate a class discussion comparing the nutritional values of different energy bars that the students bring to class from home. Discussion will include price, nutritional values,

sugar, fiber, protein, fat and calories. Students will select an energy bar and describe why it is important to look at calories and sugar?

Distance Learning

1. The instructor will conduct an on-line lecture on the five components of fitness. Following the lecture, students will summarize the 5 components in a report and post their report for other students to review and comment.

Typical Out of Class Assignments

Reading Assignments

1. The student will read and outline text chapter of Dr. Pratt's Health styles-Super Foods regarding the four threads of health. The student will choose one thread by which to try to improve and submit a written action plan for that thread that will help achieve the goal. 2. The student will read an article from a current fitness and health magazine that addresses dietary hints that are reasonable for college students to implement into a dietary plan. The student will select three hints and share them with the class during current event discussions. 3. The student will submit two recipes to share on the discussion board that includes at least 3 foods that are considered super foods by Dr. Pratt. The serving sizes, calories, grams of fiber and fat must be noted.

Writing, Problem Solving or Performance

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

Required Materials

- Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management
 - Author: Liane Summerfield
 - Publisher: Brooks Cole
 - Publication Date: 2014
 - Text Edition: 4th
 - Classic Textbook?:
 - OER Link:
 - OER:

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