

# KIN 0003B - CARDIO FITNESS - LEVEL II

## Catalog Description

Formerly known as PHED 3B

Hours: 36 activity per unit

Description: Designed to educate students in the areas of aerobic circuit training as well as evaluate and improve present aerobic fitness level. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Appraise cardiovascular fitness level to develop a circuit training program to improve baseline fitness.
- CSLO #2: Create and demonstrate a high intensity circuit training program resulting in a heart rate zone of 80-85% of maximum heart.
- CSLO #3: Formulate a plan to prevent injuries associated with circuit training fitness workouts.
- CSLO #4: Differentiate and demonstrate the various training programs available on circuit training.

## 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. Differentiate and demonstrate the various training programs available on circuit training equipment.
2. Evaluate a student's cardiovascular fitness to establish a baseline of cardiovascular fitness.
3. Appraise cardiovascular fitness level to develop a circuit training program to improve baseline fitness.
4. Compare and contrast various muscles involved during circuit training when using a variety of fitness equipment.
5. Create and demonstrate a high intensity circuit training program resulting in a heart rate zone of 80-85% of maximum heart rate.
6. Recommend caloric intake within the Dietary Guidelines for Americans (DGA) as it corresponds to caloric output in a circuit fitness program.
7. Formulate a plan to prevent injuries associated with circuit training fitness workouts.
8. Assess the differences between healthy and unhealthy readings of cholesterol, BMI, recovering heart rate and body fat.

9. Generate an alternate circuit training program using non-traditional cardiovascular fitness equipment.

## 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

- Classroom Discussions
  - Example: Through discussion, students will correctly list ten different benefits of exercise as discussed in class.
- Skill Demonstrations
  - Example: Accurately demonstrate how to use a high intensity circuit program using the treadmill and discuss the benefits of that particular program.

## Repeatable

No

## Methods of Instruction

- Activity
- Distance Learning

Activity:

1. The instructor will give a lecture and lead a class discussion on glycemic index and its impact on fitness. Student will then explain why high glycemic food are good after a workout.
2. Instructor will demonstrate and lead a warm-up, core, cool down and stretching routine. Students will then work in small groups with instructor support to practice the routine.

Distance Learning

1. Instructor will lecture online on the various muscles involved during circuit training when using a variety of fitness equipment. The students will create a workout for circuit training using fitness equipment.

## Typical Out of Class Assignments Reading Assignments

1. Read a fitness journal and be prepared to discuss in class
2. Read an article about healthy ranges for cholesterol, BMI, heart rate and body fat and be prepared to discuss in class.

## Writing, Problem Solving or Performance

1. Create and complete a circuit workout meeting the following criteria: allows you to be in your target heart rate range for 80-85% of a 60 minute workout, uses at least three different machines and allows for proper cool

down and flexibility. 2. Recommend a circuit training program to increase V02 max.

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

### **Required Materials**

- Concepts of Physical Fitness: Active Lifestyles for Wellness
  - Author: Corbin, William; Welk, Karen
  - Publisher: McGraw-Hill
  - Publication Date: 2013
  - Text Edition: 17th
  - Classic Textbook?:
  - OER Link:
  - OER:

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