

# KIN 0004 - CROSS TRAINING

## Catalog Description

Formerly known as PHED 87

Hours: 54 (18 lecture, 36 activity)

Description: Daily physical fitness training utilizing aerobic and anaerobic training methods including: swim workouts, resistance training, stationary exercise equipment and running. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Develop cross training exercises using training concepts to improve one's overall level of muscular fitness.
- CSLO #2: Identify basic muscle anatomy and how these muscles and muscle groups function during human performance.
- CSLO #3: Demonstrate dynamic and static stretches to reduce and prevent injuries.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

54

## Total Student Learning Hours

108

## Course Objectives

Lecture Objectives:

1. Formulate a cross-training program plan with individual goals and objectives;
2. Critique and evaluate an article on cross-training;
3. Compare and contrast care and prevention for injuries associated with cross-training;
4. Construct a plan for proper nutrition and how it relates to cross-training;
5. Distinguish proper gear and equipment for safe and effective cross-training; and
6. Analyze the different cross-training exercises.

Laboratory Objectives:

1. Distinguish how to select and transition, both to and from, different exercises/sports to meet overall fitness objectives;
2. Chart individual target heart rate zones as well as muscle specificity as it applies to cross-training;
3. Evaluate, using calipers or hydrostatic testing, an improvement in body fat composition through pre and post-test analysis;
4. Identify and demonstrate the various aerobic exercises available when cross-training;
5. Perform timed circuit workouts within the Cooper's Guidelines; and

6. Conduct the Cooper's run for pre- and post-test evaluation.

## 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 a class discussion, the students will list 5 and share different swim workouts that can be used for cross-training. Students are evaluated on participation.
- Skill Demonstrations
  - Example: The students will demonstrate how to use a stationary bike program and evaluate its benefit to cross-training. Students will be evaluated with a rubric.

## Repeatable

No

## Methods of Instruction

- Activity
- Lecture/Discussion
- Distance Learning

Activity:

1. After the instructor's lecture on types of cross-training programs, the students will design their own cross-training workout program. Students will also identify the 5 exercises you would incorporate into a cross-training workout they designed.

Lecture:

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. Students will then use the formula to find target heart rate and age and determine what their training zone is?

Distance Learning

1. Following an on-line lecture on nutritional planning, students will construct a plan for proper nutrition and how it relates to cross-training. Students will then post their plan for all students to review and provide comments on a minimum of 3 other student plans.

## **Typical Out of Class Assignments**

### **Reading Assignments**

1. Read a running periodical and write a one-page report on effective running logs. 2. Read an article on target heart rates and write a one-page report on how target heart rates effect cross-training workouts.

### **Writing, Problem Solving or Performance**

1. Create and complete a plan to reduce your mile time by 60 seconds over a 2 month period. In the plan, include a 5 day running log with a 20% increase built into each week. 2. Create and facilitate scavenger hunt/obstacle course that utilizes all aspects of cross-training for your peers.

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

### **Required Materials**

- Fitness Cross-Training
  - Author: John Yacenda
  - Publisher: Human Kinetics
  - Publication Date: 2014
  - Text Edition: 6th
  - Classic Textbook?:
  - OER Link:
  - OER:

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