

KIN 0006 - PHYSICAL FITNESS

Catalog Description

Formerly known as PHED 6

Hours: 36 activity per unit

Description: Emphasis on life-long exercise principles using a variety of muscular strength and endurance, aerobics and flexibility workouts. Examines cardio-respiratory fitness, exercise principles, and how to design and evaluate fitness programs/workouts. Students experience different types of workouts and are encouraged to apply the information to their own body and level of conditioning. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Design and assess a total body workout specifically for their physical needs.
- CSLO #2: Calculate their Body Mass index to determine their overall fitness level.
- CSLO #3: Analyze food labels to meet nutritional needs.
- CSLO #4: Demonstrate increased level of fitness by regular participation in exercise of increasing intensity.

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. Improve cardiovascular fitness, muscular strength, muscular endurance and flexibility through strength assessments and cardiovascular tests.
2. Identify the correlation between nutritional intake and body composition as one of the components of fitness.
3. Interpret the results of administered cardiovascular endurance, strength & flexibility tests.
4. Develop and document a personalized fitness program that includes cardiovascular and muscular endurance, muscular strength and flexibility skills.
5. Compare and contrast dietary trends in American culture.
6. Distinguish and evaluate the differences between five types of aerobic workouts.
7. Demonstrate a full body stretch by using all parts of the body.

8. Apply the following formula to determine the appropriate target heart rate: maximum heart rate minus age multiplied by desired cardiovascular fitness level.
9. Explain of the importance of a core fitness program by designing a cardiovascular fitness program.
10. Recognize the dangers involved in beginning an exercise program and design a safe beginning program.
11. Demonstrate the proper weightlifting techniques involved in a full body weight workout.
12. Assess present level of fitness and design a plan to improve that level.

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: Students will pass a test that includes all the terms in weight training, cardiovascular fitness, nutrition and flexibility that applies to this course.
- Reports
 - Example: In a report students will document and assess deficiencies and strengths of their weight workout program and three different weeks of a complete nutritional diary.
- Skill Demonstrations
 - Example: Students will be asked to demonstrate five different exercises to strengthen the core muscles.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. The course instructor will facilitate critical thinking through lectures, group discussions, seminars, videos, and learning activities. Students will differentiate and distinguish, contrast and design a beginning physical exercise program each for: a twenty-year old male; a forty-year old female; and a sixty-year old male.
2. The course instructor will facilitate small group discussions on the different diets. Students will choose a diet and list the pros and cons of such a diet.
3. The course instructor will provide students with a summary of various work out plans and facilitate a group discussion assessing the potential outcomes, level of competency and risks involved in each plan.

Distance Learning

1. Following an on-line lecture on nutritional planning, students will construct a plan for proper nutrition and how it relates to current cultural trends and fitness trends. 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. The student will select and read two current health-related articles. The student will summarize and share the main points of the article with other students in a discussion group.
2. The student will read two different articles on the same topic from current nutrition periodicals such as or similar to: Circulation, Journal of Nutrition, Healthy Weight Journal, Nutrition Today or Obesity. The student will summarize the differences and similarities between the two articles' viewpoints.

Writing, Problem Solving or Performance

1. The student will write a weight training program that will address all major muscle groups within a time-frame of forty-five minutes and include components of muscular fitness, endurance and strength.
2. The student will establish and maintain an aerobic journal to document exercise intensity, calories burned, and target heart rate for each week of the semester.

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

1. Each student will design a comprehensive fitness program to be maintained for the 90 days after the course concludes that encompasses all five components of fitness, muscular strength, muscular endurance, cardio-respiratory fitness, flexibility, and body composition. The plan must include goal setting and documentation forms.

Required Materials

- Essentials of Strength Training and Conditioning
 - Author: Gregory Haff
 - Publisher: Human Kinetics, Inc.
 - Publication Date: 2015
 - Text Edition: 4th
 - Classic Textbook?:
 - OER Link:
 - OER:

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