

# KIN 0072 - ADAPTED AEROBIC FITNESS

## Catalog Description

Formerly known as PHED 74

Advisory: Physician's approval recommended for participation

Hours: 36 activity per unit

Description: Aerobic fitness training for individuals with developmental and or physical challenges. Emphasis on improving individual levels of aerobic fitness through the use of fitness machines. Class activities adapted and modified to meet individual needs. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Describe the safety rules regarding the aerobic fitness equipment.
- CSLO #2: Summarize and explain the benefits derived from a higher level of aerobic fitness.
- CSLO #3: Demonstrate proper use of aerobic fitness machines.

## 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. Summarize the rules regarding aerobic fitness facility
2. Summarize the benefits derived from a higher level of aerobic fitness
3. Use treadmill, rowing machine, stationary bike, elliptical machine
4. Document workouts by filling out daily workout cards;
5. Develop a nutritional plan using instructor provided information; and
6. Discuss the importance of a daily hydration plan.

## 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: Discuss three ways of lowering dietary fat in ones diet.
- Reports
  - Example: In order for an activity to be considered aerobic, it must follow three basic aerobic rules. In a report, list and explain each rule.

## Repeatable

No

## Methods of Instruction

- Activity
- Distance Learning

Activity:

1. Instructor will facilitate a class discussion in which the students will evaluate their daily workouts which are recorded in their daily workout notebooks.
2. Instructor will guide a discussion between a number of student groups, in which each group will be given an example of a daily workout. The group will then analyze the workout and make any changes they deem necessary for the next workout. Each group must then explain and defend their changes before the other groups.

Distance Learning

1. Discussion by the instructor on the rules regarding the cardio room. The students discuss this topic in small groups.
2. Instructor will lead a discussion on nutrition. The students will discuss nutrition in small groups.

## Typical Out of Class Assignments

### Reading Assignments

1. Read about nutrition from class handouts and be prepared to discuss.
2. Read about hydration from several sources and integrate the information.

### Writing, Problem Solving or Performance

1. Maintain a daily workout record which requires recording each workout session, interpreting the data, and creating the next workout based on that data.
2. Write a report on higher level of aerobic fitness.

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

**Required Materials**

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

Instructor provided materials.