

# KIN A105: CARDIOVASCULAR FITNESS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-2.5 Total Units
Hours	18-90 Total Hours (Lecture Hours 5.4-27; Lab Hours 12.6-63)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Cardiovascular exercise program. Stretching, fast-walk, jogging, and running programs will be set up on an individual basis. Pulse monitoring, nutrition, and strength will also be emphasized. Explores the relationship between fitness and health related topics to improve, be part of, and maintain a wellness lifestyle. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for effective cardio fitness training.
2. Self-analyze errors in cardio fitness training and identify methods of adjustment to enhance performance.

## Course Objectives

- 1. Explain the principles and theory of cardiovascular fitness.
- 2. Differentiate between aerobic and anaerobic activity.
- 3. Explain how progressive overload results in training effects.
- 4. Engage in exercise programs involving fast-walk, jogging, running, and stretching.
- 5. Identify the training effects of aerobic activities and the role of exercise in heart health.
- 6. Develop proficiency in prevention and treatment of common fitness injuries.
- 7. Develop a personal lifetime fitness program.

## Lecture Content

1. Class orientation/See syllabus Define fitness Identify place on fitness continuum Decide on medical clearance/over 35 years old Needs medical clearance Identify the essential nutrients and their primary source and functions Identify goals and components involved 2. Explain target pulse rate Explain the need for proper shoes Administer 1.5 mile run-walk test A. Call out times as students cross finish line B. A copy of fitness profile for each student 1. Record results 2. Explain results 3. Personal Journals; Explain Define: Intensity=How hard. Duration=How long. Frequency=How often. Workout: A B C D Stretch Stretch Stretch Stretch Jog 1 mile Jog 1.5 mile Jog 2.0 mile Jog 2.5 mile Stretch Stretch Stretch Stretch 4. Differentiate between aerobic and anaerobic activity Jogging=aerobic Sprinting=anaerobic Workout: A B C D Stretch Stretch Stretch Stretch Jog 1 mile Jog 1.5 mile Jog 2.0 mile Jog 2.5 mile Stretch Stretch Stretch Stretch 5. Test: 1.5 mile run-walk Analyze results Compare to pre-test 6. Increase workout load Workout: A B C D Stretch Stretch Stretch Stretch Jog 1.5 mile Jog 2.0 mile Jog 2.5 mile Jog 3.0 mile Stretch Stretch Stretch Stretch 7. Explore community activities Encourage students to enter 5-10K run community races Continue to increase workout mileage A B C D Stretch Stretch Stretch Stretch Jog 2.0 mile Jog 2.5 mile Jog 3.0 mile Jog 3.5 mile Stretch Stretch Stretch Stretch 8. Post Test Evaluation: 1.5 mile run-walk Students turn in design for weekly program plan for one semester Students turn in personal journal

## Lab Content

See Course Content.

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture; lab worksheets: for students to complete in preparation for lectures and discussion; fitness profiles; field trips

## Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

## Writing Assignments

Design a weekly program plan for: 1. Semester 2. Maintain a daily/weekly journal

## Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

## Demonstration of Critical Thinking

Design personal fitness prescriptions

## Required Writing, Problem Solving, Skills Demonstration

Design a weekly program plan for: 1. Semester 2. Maintain a daily/weekly journal

## Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance,

physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

### **Textbooks Resources**

1. Required Cooper, K. . The Aerobics Program for Total Health and Well-Being, ed. New York: Bantam Dell, 1985 Rationale: . 2. Required American College of Sports Medicine. ACSM Fitness Book, ed. Illinois: Human Kinetics, 2003 Rationale: .