

KIN A107: FITNESS PROGRAMS I

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-3 Total Units
Hours	18-108 Total Hours (Lecture Hours 5-32; Lab Hours 13-76)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	Yes
Grading Policy	Pass/No Pass (B)
Associate Arts Local General Education (GE)	<ul style="list-style-type: none"> Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> CSU E2 Activity Course (E2)

Course Description

Allows a student to use the OCC Cardiovascular lab and attend other daytime activity classes with instructor permission. Students must make selections from a series of computer-analyzed fitness and lifestyle evaluations, as well as attend seminars on physical fitness and wellness. Students are required to attend a one-hour orientation. 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. Identify the mechanisms to improve the health related components of physical fitness.
2. Identify the exercises required to create their own exercise program.

Course Objectives

- 1. Decrease their resting heart rate.
- 2. Create their own exercise program.
- 3. Decrease their body fat percentage.
- 4. Increase their flexibility.
- 5. Increase their Max VO2.
- 6. Increase their grip strength.
- 7. Increase their muscular endurance.

Lecture Content

I. Introduction to the class Read handouts Discuss Cardiovascular Fitness 1. 1 minute resting pulse rate 2. Perform a Cardio Respiratory Endurance TestII. Discuss Muscle Strength. 1. Test on Hand Grip DynamometerIII. Discuss Muscle endurance 1. Muscular endurance testIV. Discuss Muscle Flexibility 1. Do a sit and reach testV. Discuss

Body Composition 1. Do skin folds to test body fat percent FITNESS EVALUATIONS/PROGRAMS DESCRIPTIONS AND INFORMATION: L1: General Fitness Evaluation [1 Meeting]; Required of all students: This evaluation is an overall evaluation of the health related factors of fitness. It includes the following: height, weight, skin folds, grip strength, flexibility, pulmonary function, heart rate and blood pressure measurements. Student will receive results as to relative fitness level and an exercise prescription. L2:nb sp; Biodex Strength Test [1 Meeting]. This assessment will evaluate your leg strength and muscle endurance. You must first complete an L1. L3: Flexibility [1 Meeting]: This seminar focuses on the principles of flexibility and the steps to establish a flexibility program. The goal of this program is to increase your flexibility.

Lab Content

To be completed by faculty

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and application of ideas; discussion; video lectures; collaborative learning

Reading Assignments

Students will evaluate fitness tests and seminar evaluations and incorporate information into written exercise prescription.

Writing Assignments

Students will evaluate fitness tests and seminar evaluations and incorporate information into written exercise prescription.

Out-of-class Assignments

Students will evaluate fitness tests and seminar evaluations and incorporate information into written exercise prescription. Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Students will evaluate fitness tests and seminar evaluations and incorporate information into written exercise prescription.

Required Writing, Problem Solving, Skills Demonstration

Students will evaluate fitness tests and seminar evaluations and incorporate information into written exercise prescription.

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. American College of Sports Medicine, ACSM Fitness Book, latest edition. 2. Handouts to be provided and distributed by the instructor.