

KIN A111: STEP CARDIO & CORE LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
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

Contemporary workout designed to improve participant's strength and cardiovascular fitness level through steady-state stepping movements. The student will be exposed to a graduated continuous system of rhythmic stepping at various platform heights, emphasizing strength, flexibility, and endurance, which are basic components of physical fitness. 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. Demonstrate cardiovascular and muscular endurance while safely stepping on and off the bench for twenty minutes continuously.
2. Demonstrate balance, coordination, agility and flexibility while performing specific step patterns and transitions to music.
3. Recognize major injuries to muscles and/or joints and identify the treatment necessary for healing.

Course Objectives

- 1. Improve cardiovascular and muscular endurance, agility, and flexibility as measured by fitness tests.
- 2. Demonstrate balance and coordination.
- 3. Incorporate physical fitness components into daily life.
- 4. Recognize major injuries and treatment of such injuries.
- 5. Explain and justify basic concepts of step aerobics and their application to fitness.
- 6. Calculate working heart rate and interpret ones own results.

Lecture Content

Orientation including safety and injury prevention Introduction to cardiovascular fitness Light workout II. Pre-test for physical fitness Fundamental steps Basic music theory III. Step fundamentals Emphasis on floor exercises to compliment workout IV. Explanation of activity journal; assess health and injuries Promote sequences to formulate routines V. Step routine Introduction to hand weights VI. Introduction to resistance bands Check activity journals Step routines VII. Explain basic nutrition principles Step routines Core work VIII. Explain and formulate personal exercise program: Warm-up/mini lecture Aerobic activity Core work Cool down/stretch IX. Continue to increase agility and strength, work on isolated muscle groups, improve cardiovascular performance and develop individual exercise plans

Lab Content

Daily warm up related to the workout Daily step routines to increase cardiovascular endurance, strength, and flexibility Core work Cool down to prevent injuries

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture; discussion; instructor demonstration; evaluation; instructor feedback; videos; handouts

Reading Assignments

From selected handouts

Writing Assignments

Activity journal; nutrition journal; research paper; develop exercise prescription

Out-of-class Assignments

Research paper

Demonstration of Critical Thinking

Activity journal; nutrition journal; research paper; develop exercise prescription

Required Writing, Problem Solving, Skills Demonstration

Activity journal; nutrition journal; research paper; develop exercise prescription

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.

Other Resources

1. Selected handouts to be provided and distributed by the instructor