# KIN A115: CROSS TRAINING 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),<br>• 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

A multi dimensional approach to total body fitness and wellness. Cross training will encompass aerobics, running and weight training, and provide the student the opportunity to develop and maintain a complete conditioning program which balances cardiovascular conditioning, strength, flexibility, and coordination. 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. Understand the benefits of cross training as they relate to fitness and overall wellness.
2. Incorporate the components of physical fitness, including cardio respiratory fitness, muscular strength, endurance and flexibility, into a personal lifetime fitness program.

## Course Objectives

- 1. Define cross training as a means of developing and maintaining physical fitness.
- 2. Successfully complete basic physical fitness tests.
- 3. Identify the values of cross training.
- 4. Describe how cross training is important in developing and maintaining the fitness components of cardio respiratory fitness, muscular strength endurance, and flexibility.
- 5. Identify the components of physical fitness.
- 6. Incorporate concepts of physical fitness into daily lives.
- 7. Evaluate personal physical fitness level.
- 8. Recognize minor injuries verses regular muscles soreness

## Lecture Content

I. Class orientation including values of cross training Orientation to facilities Assess student needs Special needs and precautions (medical clearances and pre-existing conditions) Define fitness componentsII. Explain target pulse rate Administer pre-test: 1.5 mile walk/run; flexibility test (sit and reach); sit-ups (1 minute); push-ups (1 minute); strength; strength endurance; record and explain resultsIII. Discuss benefits of exercise Explain and begin keeping individual journals Hand out suggested activity chartIV. Orientation to physical performance lab and testing Distance/timed runV. Introduction to nutrition VI. Diary of nutritional intake Stretch; sit-ups/ push-ups; jog 1 mile; sprints; introduction to stadium sprints; warm down; weight training circuitVII. Review exercise principles and benefits Stretch; sit-ups/push-ups; aerobics high impact; jog .5 mile; weight training circuit; weight training (new) circuitVIII. Discuss community resourcesIX. Increase mileage/increase weight/increase repetitionTaking the course four times enhances skills by supervised repetition.

## Lab Content

After lecture, students will participate in a variety of activities, including: Cardiovascular training Running, Swimming Rowing Strength Training Weight lifting Body weight exercises Flexibility exercises

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture; application of ideas; discussion; individual exercises; instructor feedback

## Reading Assignments

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

## Writing Assignments

Fitness journal; nutrition journal; written examinations; fitness prescription

## Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings. Fitness journal; nutrition journal; written examinations; fitness prescription

## Demonstration of Critical Thinking

Daily/weekly activity fitness journal; written weekly nutrition journal; physical performance pre- and post-tests; written examinations; design personal fitness prescription; written evaluation

## Required Writing, Problem Solving, Skills Demonstration

Daily/weekly activity fitness journal; written weekly nutrition journal; physical performance pre- and post-tests; written examinations; design personal fitness prescription; written evaluation

## 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 handout materials to be provided and distributed by the instructor.