KIN A119: CARDIOVASCULAR TRAINING AND STRENGTH DEVELOPMENT LEVEL 2

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 4.5-27; Lab Hours 13.5-81)
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

This combination of lecture/lab course is designed to develop and encourage healthy attitudes and habits with regards to cardiovascular efficiency, body composition, muscular strength and endurance, and flexibility. The course covers the safe use of the equipment, learns the components of a balanced fitness program, basic nutrition, and pre and post-testing for physical fitness. Students use state of the art weight training and cardiovascular equipment to enhance their fitness levels. 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. List physical and/or psychological health benefits of exercise.
2. Explain how to properly and safely use a variety of exercise equipment.
3. Explain the components of physical fitness including muscular endurance, muscular strength, body composition, flexibility and cardiovascular endurance.
4. Determine resting heart and calculate target heart rate.

Course Objectives

- 1. Explain how to properly and safely use a variety of exercise equipment.
- 2. Demonstrate how to properly perform various stretching exercises.
- 3. Formulate an on-going exercise program associated with improvements in body composition, flexibility, cardio-respiratory and muscular fitness.
- 4. List physical and/or psychological health benefits of exercise.
- 5. Design a one hour, once a week fitness program utilizing appropriate components of a training session for individual health and fitness.
- 6. Evaluate individual fitness levels to identify personal needs through self and instructor administered fitness tests to improve fitness levels.
- 7. Distinguish the components of physical fitness including muscular endurance, muscular strength, body composition, flexibility and cardiovascular endurance.
- 8. Detect resting heart and calculate target heart rate.
- 9. Identify seven basic muscle groups and demonstrate basic lifts to go with each group.
- I Understand the benefits of a fitness program for health and wellness and how to develop a lifelong sustainable fitness program based on fitness testing results.

Lecture Content

Rules and safety Procedures Personal history Setting goals Keeping records Five components of physical fitness Body Composition Muscular endurance Muscular strength Flexibility Cardiovascular endurance Fitness program Frequency Intensity Duration/time Types of exercise Progression Health benefits and risks of exercise Physical Psychological Stress Management Type of exercise: Heart rate Resting Target Components of a Training session Warm up Stretching Exercise Cardio Strength Cool down Nutrition Diet Weight management Hydration Fitness testing Pretest Resting heart rate Body composition Muscular strength Muscular endurance Flexibility Posttest Resting heart rate Body composition Muscular strength Muscular endurance Flexibility

Lab Content

A. Demonstration of use of 1. Cardiovascular Equipment 2. Strength training Equipment B. Develpoment of Cardiovascular, Muscular strength, and Muscular Endurance Programing. 1. Development of upper body, lower body, core C. Development of muscular and cardiovacular hypertrophy 1. Upper body, lower body, core through continuous movement, croos trianing 2. Training with Equipment 3. Training w/o Equipment

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture: Handouts, canvas Discussion: Small Group, prompts on canvas Small group demonstrations: Skills, programming, development

Reading Assignments

Students will spend 3hrs/wk on fitness programming outside of class time

Writing Assignments

Journals Summaries- Short Essay Lab Questionnaires

Out-of-class Assignments

Students will spend 3hrs/wk on fitness programming outside of class time

Demonstration of Critical Thinking

Essay summaries of results and programming developed from results

Required Writing, Problem Solving, Skills Demonstration

Journals- Recorded workouts and fitness evaluation Written Lab Questionnaire Essay programming

Eligible Disciplines

Kinesiology: Masters degree in kinesiology, 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. 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. Handouts and canvas lecutres and articles