

KIN A174: ADAPTED CARDIOVASCULAR FITNESS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083580 - Adapted Physical Education
Units	.5-1.5 Total Units
Hours	18-54 Total Hours (Lecture Hours 4.5-13.5; Lab Hours 13.5-40.5)
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	Pass/No Pass (B), • Standard Letter (S)
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

Course is designed for students with physical disabilities who can benefit from an individualized cardiovascular exercise program. Instruction and practice in cardiovascular activities using a variety of ergometry equipment will be given. 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, through the practice of an individualized exercise program, proper training techniques for improvement in cardiovascular fitness, strength and endurance.
2. Self assess errors in technique and identify methods of adjustment to enhance benefits.

Course Objectives

- 1. Explain principles and theory of cardiovascular fitness.
- 2. Analyze overloading principles relative to cardiovascular fitness.
- 3. Perform an individualized cardiovascular exercise program demonstrating overload principles.
- 4. Identify the training effects of cardiovascular activities and wellness.
- 5. Identify normal and abnormal physiological effects of exercise.
- 6. Explain and demonstrate the proper steps for a workout.
- 7. Demonstrate the proper use of heart rate telemetry equipment.

Lecture Content

1. Introduction/Orientation/Pre-assessments a. Individual goal setting, pre-assessments b. Development of individualized student exercise program c. Establishment of safe workout levels using Karvonen formula and rate of perceived exertion 2. Overload principles of cardiovascular endurance a. Development of individualized exercise program 3. Warm-up and cool-down principles a. Demonstration and practice of individualized exercises 4. Safety issues and proper usage of ergometry equipment a. Demonstration and practice of various equipment 5. Principles of nutrition and fat reduction 6. Interval training a. Demonstration and practice of interval training 7. Post-assessment of all students a. Evaluation of individual goals b. Determination of measurable progress c. Repetition permitted or denied

Lab Content

see course content

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and application of ideas Instructor feedback and corrections Video lectures

Writing Assignments

1. Written goals, objective and subjective self-evaluation 2. Written analysis of cardiovascular benefits for health and wellness 3. Demonstration of improved cardiovascular fitness by pre- and post-assessments

Out-of-class Assignments

Demonstration of Critical Thinking

Individual performance, progress as recorded on daily student exercise card, skill demonstrations, written assignments, final self-evaluations, and pre- and post-assessments.

Required Writing, Problem Solving, Skills Demonstration

1. Written goals, objective and subjective self-evaluation 2. Written analysis of cardiovascular benefits for health and wellness 3. Demonstration of improved cardiovascular fitness by pre- and post-assessments

Other Resources

1. Selected handout materials to be provided and distributed by the instructor.