KIN A215: CROSS TRAINING LEVEL 2

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

Cross training is a multi-dimensional approach to total body fitness and wellness. This course will encompass an intermediate and advanced level of 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. ADVISORY: KIN A115. 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. Successfully complete a physical fitness pre and post-test evaluation
- 2. Describe how cross training is important in developing and maintaining the fitness components of cardio respiratory fitness, muscular strength endurance and flexibility
- 3. Identify the components of total wellness and physical fitness
- 4. Demonstrate the use of Heart Rate Target – Zone training
- 5. Evaluate personal physical fitness level
- 6. Recognize minor injuries and the treatment of such injuries

Lecture Content

Lecture Content: Orientation and Introduction Instructor Introduction, background and experience Class expectations and orientation to facilities Explain basic physical fitness evaluation / pre-test Equipment and proper use / care Cardio lab Strength lab Outside fitness areas Value of cross training Cardiovascular fitness Muscular strength and endurance Muscular flexibility Fitness and conditioning Advanced anatomy and muscles used Advanced stretches Advanced cardiovascular training Advanced endurance training Advanced strength training Advanced speed “fartlek” training Fitness evaluation post-testHeart Rate Training Zone Counting Pulse rate Determining optimal training zone

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)

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. Active participation in class workouts and keeping a workout journal (spiral notebook) is required.

Writing Assignments

Submission and summary of 4 fitness related articles; students will spend approximately 1 hour a week on writing assignments.

Out-of-class Assignments

Workout log maintained and updated on a weekly basis. Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Fitness evaluation, skill technique, Heart Rate Training Zone, attendance and class participation

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration / completion of the following: Proper use of cardio equipment Proper use of strength training equipment Determining proper Heart Rate Training Zone Workout journal

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 distributed by the instructor