KIN A270: FITNESS AND HEALTH

Item	Value
Curriculum Committee Approval Date	05/06/2015
Top Code	083700 - Health Education
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 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 - Theory - AA (OE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

Course Description

Theory and benefits of physical activity to fitness-related health.
The study of human adaptation to exercise includes cardiovascular conditioning, neuromuscular training, body composition, nutrition for performance, stretching, sports injuries, and aging. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

Course Level Student Learning Outcome(s)

1. Identify and describe the mechanisms by which the body reacts and adjusts to exercise, strength development, and cardiovascular efficiency.
2. Identify and describe the mechanisms to decrease body fat, increase strength and increase flexibility.
3. Identify and explain the exercises required to increase aerobic capacity, increase muscular endurance and improve physical fitness levels.

Course Objectives

- 1. Describe the mechanisms by which the body reacts and adjusts to exercise, immediate and long term physiological effects.
- 2. Describe the fallacies which exist regarding exercise programs, strength development and weight reduction.
- 3. Describe the physiological values of aerobic exercise.
- 4. Describe the physiological mechanisms of altering body composition.
- 5. Describe the complexity, adaptability, capability and function of the human organism.
- 6. Describe types and symptoms of sports injuries.
- 7. Describe how exercise affects the physiological aging process.
- 8. Recognize the importance of warm up, cool down and flexibility.
- 9. Design an exercise program for a normal healthy individual.
- 10. Describe prevention of disease through exercise, nutrition and positive behavioral life style changes.

Lecture Content

1. Statistics of problems in health as related to lack of exercise, poor nutrition and use of negative products (cigarettes, drugs, etc.) 2. The mechanisms by which the body reacts and adjusts to exercise for both immediate and long term effects 3. The fallacies which exist regarding exercise programs, strength development and weight (body fat) reduction 4. The physiological values of aerobic exercise 5. The physiological mechanisms of altering body composition 6. The complexity, adaptability, capability, and function of the human organism 7. How exercise affects the physiological aging process 8. How to determine the exercise program that is most beneficial physiologically and psychologically 9. How to start an exercise program 10. The importance of warm up, cool down, and flexibility 11. Develop a weight training program for desired goals 12. Nutrition and nutritional supplementation as it relates to exercise and aging 13. The types and symptoms of injuries brought on by physical activity 14. How to help prevent injuries from physical activity

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Lecture, discussion, group projects, inclass exercises

Reading Assignments

Students will spend approximately 2 - 3 hours a week reading the text book and/or instructor handouts.

Writing Assignments

Research paper, midterm and final exam, body fat composition measurement, and cardiovascular fitness assessment

Out-of-class Assignments

Students will spend approximately 2 - 3 hours a week completing projects and assignments required for completing the course.

Demonstration of Critical Thinking

Tests, skill demonstrations, problem solving exercises, and essays

Required Writing, Problem Solving, Skills Demonstration

Research paper, midterm and final exam, body fat composition measurement, and cardiovascular fitness assessment

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.

Textbooks Resources

1. Required Corbin, C.. Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach, 10 ed. The McGraw-Hill Companies, 2012