

# KIN C201: FITNESS FOR LIFE

Item	Value
Curriculum Committee Approval Date	12/09/2016
Top Code	083500 - Physical 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)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)

## Course Description

Application of principles of human anatomy, physiology, nutrition, and behavior change to the development of exercise programs for health and fitness. Enrollment Limitation: PE C201; students who complete KIN C201 may not enroll in or receive credit for PE C201. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Assess selected aspects of current level of physical fitness.
2. Demonstrate ability to make health related decisions as a consumer.
3. Apply behavior change, nutrition, and fitness principles to the personal fitness program development.

## Course Objectives

- 1. Distinguish four basic principles for improving and maintaining physical fitness.
- 2. Compare proper techniques for exercising major muscle groups and stretching.
- 3. Apply important concepts of principles of fitness, health, and wellness.
- 4. Use self-management skills that promote healthy lifestyles over the life cycle.

## Lecture Content

Introduction to Physical Fitness Five components of fitness FITT Principle (frequency, intensity, time, type of sport or activity) Training Principles Warm up, work out, cool down Target heart rate zone Rating of perceived exertion (RPE) – Borg Scale Specificity, overload, progression, and reversibility Benefits of Fitness Risk Factors Life expectancy and quality of life Psychological benefits Various Modalities of Exercise Fitness Cardiorespiratory Muscular Endurance Muscular Strength Flexibility Nutrition My Plate Nutrients Healthy eating habits Body Weight Management Methods for weight control Personal assessment Nutrition myths and fad diets Body image and media influence

## Method(s) of Instruction

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

## Instructional Techniques

Lectures, discussions, Q A, group work, and presentations will be used as the major instructional techniques for this course.

## Reading Assignments

Readings from the assigned textbook, ancillary research articles, and educational Internet sites will be assigned according to the topic of study for each respective week.

## Writing Assignments

Written assignments may be used to assess creative problem solving, innovative application of skills, and knowledge acquisition.

## Out-of-class Assignments

Self-assessments for a variety of fitness measures, case studies and/or quizzes are examples.

## Demonstration of Critical Thinking

Problem-solving exercises, assessment of self and others, and application of research to back up conclusions on written assignments are examples of assignments that may be used to assess critical thinking.

## Required Writing, Problem Solving, Skills Demonstration

Writing assignments, projects, and discussions may be used to demonstrate skills and problem-solving.

## 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.

## Textbooks Resources

1. Required Fahey, T.D.; Insel, P.M.; Roth, W.T. Fit and Well, Brief Edition, 12th ed. McGraw Hill, 2016 Rationale: - Legacy Textbook Transfer Data: Legacy text 2. Required Flynn, S. Concepts of Fitness and Wellness, 2nd ed. University System of Georgia, 2018

## Other Resources

1. Coastline Library