

CATALOG INFORMATION

Dept and Nbr: KFIT 37

Title: INTRO TO BOOT CAMP TRAIN

Full Title: Introduction to Boot Camp Training

Last Reviewed: 8/28/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	5	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

Catalog Description:

Students will participate in introductory-level boot camp-style training through cardiovascular and muscle conditioning exercises.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Students will participate in introductory-level boot camp-style training through cardiovascular and muscle conditioning exercises. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Spring 2018	Inactive:
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UC Transfer:	Transferable	Effective:	Spring 2018	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Safely perform introductory boot camp exercises
2. Measure and monitor resting and target heart rates

Objectives:

At the conclusion of this course, the student should be able to:

1. Demonstrate introductory boot camp exercises
2. Calculate and monitor exercise intensity using target heart rate and perceived rate of exertion
3. Identify basic muscle anatomy and training principles
4. Perform movement activities to increase level of conditioning and body awareness

Topics and Scope:

I. Warm-up Activities

- A. Low intensity cardio/respiratory exercise
- B. Dynamic stretching

II. Boot Camp Exercises

- A. Jogging/Walking
- B. Jump rope
- C. Push-ups
- D. Step ups, body weight squats, and lunges
- E. High intensity interval training
- F. Burpees, mountain climbers, and jumping jacks
- G. Tire runs
- H. Speed, agility, or plyometrics drills

III. Muscular Development

- A. Strength
- B. Endurance

IV. Cool-down

V. Flexibility

VI. Physical Fitness Assessments and Principles

- A. Fitness testing (fitness level assessment)
- B. Heart rate
 - 1. Calculate exercise training zone
 - 2. Rate of perceived exertion
- C. Muscle identification and training principles
- D. Safety and injury prevention

Assignment:

- 1. Reading fitness content from texts, articles, and instructor materials
- 2. Fitness assessments, such as:
 - A. Pre-testing
 - B. Post-testing
- 3. Written goals assignment
- 4. Quizzes/exams
- 6. Written reports and/or journals
- 7. Body composition calculation
- 8. Target heart rate calculation
- 9. Skill performance exams

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written reports and/or journals; written goals assignment

Writing
0 - 15%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Target heart rate calculation

Problem solving
0 - 10%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Fitness assessments; body composition calculation; skill performance exams

Skill Demonstrations
10 - 30%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes/exams

Exams
10 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
40 - 60%

Representative Textbooks and Materials:

Total Fitness and Wellness, 8th ed. Powers and Dodd. Person. 2020.

Instructor prepared materials