

KFIT 4.1 Course Outline as of Fall 2024

CATALOG INFORMATION

Dept and Nbr: KFIT 4.1

Title: BODY MECHANICS

Full Title: Body Mechanics

Last Reviewed: 2/12/2024

| 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: PHYED 32

Catalog Description:
Students will participate in exercises for fitness, with an emphasis on core strength, flexibility, posture, and muscle tone. Activities may include forms of aerobic exercise, resistance training, yoga, and Pilates movements.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will participate in exercises for fitness, with an emphasis on core strength, flexibility, posture, and muscle tone. Activities may include forms of aerobic exercise, resistance training, yoga, and Pilates movements. (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: |

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|---------------|----------------------|------------|-----------|
| IGETC: | Transfer Area | Effective: | Inactive: |
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| CSU Transfer: | Transferable | Effective: | Fall 1981 | Inactive: |
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| UC Transfer: | Transferable | Effective: | Fall 1981 | 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. Create a personal fitness program based on current fitness level
2. Demonstrate improved posture, fitness level, and core strength
3. Establish personal fitness goals

Objectives:

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

1. Identify the core muscles
2. Demonstrate kinesthetic awareness, proper body alignment, core strength, and stability
3. Demonstrate coordination of breath with movement
4. Identify one or more fitness-related goals
5. Exercise to improve muscle tone
6. Exercise to increase cardiovascular endurance
7. Analyze personal fitness progress

Topics and Scope:

I. Introduction of Movement Mechanics

- A. Posture: center of gravity
- B. Body alignment in numerous positions
- C. Low back considerations
 1. basic anatomy/biomechanics of the back
 2. neutral position and other preventive measures

II. Fitness Conditioning Exercises

- A. Cardiorespiratory endurance
 1. training principles
 2. aerobic movements
 3. safety issues
 - a. monitoring intensity

- b. movement mechanics
- B. Muscular Toning
 - 1. training concepts
 - 2. types of resistance equipment
 - 3. review major muscle groups
 - 4. safety issues and mechanics of movement
- C. Flexibility and Body Relaxation
 - 1. training concepts
 - 2. mechanics of movement
 - 3. strategies for reducing stress and tension
- III. Physical Fitness
 - A. Definition
 - B. Relationship to health, wellness, and academic success
 - C. Lifelong fitness mindsets and habits
 - 1. self-motivation
 - 2. scheduling fitness activities

Assignment:

1. Written personal fitness goals and objectives
2. Journal entries or written analysis of progress
3. Written personal fitness program
4. Skill performance exams - Practical demonstration of proper technique for fitness-based exercises
5. Exams and/or quizzes

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 personal goals, journal entries, written personal fitness program

Writing
5 - 20%

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

Written personal fitness program

Problem solving
10 - 20%

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

Skill performance exams

Skill Demonstrations
10 - 20%

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

Quizzes and/or exams

Exams
20 - 35%

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

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| Participation and attendance |
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| Other Category 40 - 55% |
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Representative Textbooks and Materials:

ACSM's Complete Guide to Fitness & Health. 2nd ed. Barbara Bushman. American College of Sports Medicine. 2017 (classic)

Instructor prepared materials