KFIT 64 Course Outline as of Fall 2024

CATALOG INFORMATION

Dept and Nbr: KFIT 64　　　　　Title: PERS FIT PROGRAM DESIGN
Full Title: Personal Fitness Program Design
Last Reviewed: 12/9/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total		
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled		0
Minimum	0.50	Lab Scheduled	0	6	Lab Scheduled		0
		Contact DHR	3.00		Contact DHR		52.50
		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:
This course is designed to provide instruction and experience in exercise program design based on personal fitness goals and assessments using proper protocols and exercise training guidelines. This course offers flexibility to complete participation requirement during any open gym hours at the assigned campus. Fitness assessments will be completed as part of this course.

Prerequisites/Corequisites:
Course Completion of KFIT 61

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course is designed to provide instruction and experience in exercise program design based on personal fitness goals and assessments using proper protocols and exercise training guidelines. This course offers flexibility to complete participation requirement during any open gym hours at the assigned campus. Fitness assessments will be completed as part of this course. (Grade or P/NP)

Prerequisites/Corequisites: Course Completion of KFIT 61
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

			Effective:	Inactive:
AS Degree:	**Area**		Effective:	Inactive:
CSU GE:	**Transfer Area**		Effective:	Inactive:
IGETC:	**Transfer Area**		Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 2020	Inactive:	
UC Transfer:		Effective:	Inactive:	

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. Design a personalized workout program based on goals and fitness assessment results following proper protocols and exercise guidelines.

Objectives:
At the conclusion of this course, the student should be able to:
1. Identify and apply proper training protocol and exercise guidelines
2. Apply fitness testing results to design a program appropriate for personal fitness level
3. Apply personal fitness goals to workout program
4. Identify and demonstrate various types of specialized training
5. Incorporate all components of health-related physical fitness in personal fitness program
6. Demonstrate safety and injury prevention using proper training volume and recovery
7. Identify and summarize fitness training information from credible sources

Topics and Scope:

I. Warm-up Activities
   A. Low intensity cardio/respiratory exercise
   B. Dynamic stretching
II. Cardio/Respiratory Conditioning
   A. Jogging/Walking
   B. Jump rope
   C. Step exercise
      1. Bench stepping
      2. Bleachers
   D. Cycling, spinning, treadmill, or elliptical cardio equipment

    E. Circuit training

    F. Other forms of aerobic group exercise

III. Muscular Development

    A. Strength

    B. Endurance

    C. Weights, resistance bands, body weight, kettlebells

    D. Use of other resistance training methods

IV. Cool-down

V. Flexibility

VI. Training Protocol and Exercise Guidelines

    A. Exercise selection and order

    B. Training volume (weight, sets, repetitions)

    C. American College of Sports Medicine (ACSM) exercise recommendations and guidelines

    D. Progressive overload, progression, and recovery

    E. Specificity

    F. Individual preferences

    G. Specific Adaptations to Imposed Demands (SAID)

VII. Personal Fitness Program Design and Goals

    A. Goal setting

    B. Applying goals and fitness testing results to program design

    C. Warm up and cool down

    D. Cardiorespiratory endurance

    E. Muscular strength and endurance

    F. Flexibility

VIII. Types of Specialized Training

    A. Functional fitness

    B. Body weight training

    C. High Intensity Interval Training (HIIT)

    D. Periodization

    E. Speed, power, agility, and plyometrics

    F. Balance and coordination

IX. Safety and Injury Prevention

    A. Proper training volume and overload

    B. Recovery

    C. Overtraining

X. Credible Sources for Program Design and Exercise Guidelines

    A. Professional fitness organizations

    B. Evaluating sources of information for credibility

Assignment:

Students are expected to spend hours outside of class doing additional fitness exercises. A list of fitness exercises will be given that students may do at home:

1. Pre- and Post-fitness assessments
2. Goal setting assignment
3. Personal program design based on fitness assessments and training protocol and guidelines
4. Develop workout routine using specialized training protocol
5. Fitness article summary
6. 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.

Fitness article summary, Goals		Writing 5 - 15%

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

Personal program design		Problem solving 5 - 10%

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

Fitness assessments		Skill Demonstrations 5 - 10%

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

Quizzes		Exams 15 - 20%

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

Attendance and Participation		Other Category 50 - 60%

Representative Textbooks and Materials:
NSCA's Guide to Program Design. Hoffman, Jay. Human Kinetics. 2012 (classic)
Instructor prepared materials