KFIT 4.1 Course Outline as of Summer 2022

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:
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: 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:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	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. 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:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:
1. Written personal fitness goals and objectives
2. Journal entries or written analysis of progress (1 - 4)
3. Written personal fitness program
4. Practical demonstration of proper fitness technique and performance of fitness based exercises
5. Exams and/or quizzes (1 - 3)

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.

Class performances, Performance exams	Skill Demonstrations 10 - 20%

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

Quizzes, multiple choice, True/false	Exams 20 - 35%

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

Participation and attendance	Other Category 40 - 55%

Representative Textbooks and Materials:
Fitness: Steps to Success. Naternicola, Nancy. Human Kinetics. 2015
Instructor prepared materials