

KFIT 4.1 Course Outline as of Fall 2012

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	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	5	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

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: 4 Enrollments Total

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course the student will 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. Exercises to improve muscle tone
6. Exercises to increase cardiovascular endurance
7. Analyzing your personal fitness progress
8. Repeating students must demonstrate increased depth and breadth of related skills with new learning

### **Topics and Scope:**

- I. Introduction of movement mechanics
  - A. Posture
    1. 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
- IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

### Assignment:

1. Written personal fitness goals and objectives
2. 1-4 journal entries or written analysis of progress
3. Written personal fitness program
4. Practical demonstration of proper fitness technique and performance of fitness based exercises
5. 1-3 exams and/or quizzes
6. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives

### 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:**

Instructor prepared materials