KFIT 17.1 Course Outline as of Fall 2013

CATALOG INFORMATION

Dept and Nbr: KFIT 17.1 Title: INTERVAL TRAINING
Full Title: Interval Training
Last Reviewed: 3/9/2020

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	6	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: 0.00 Total Student Learning Hours: 52.50

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:
Interval training is a discontinuous style of training where different intensities and/or types of exercises are alternated along with rest periods. Course will include various methods of interval training including a warm-up, cool-down, cardiovascular conditioning, muscular endurance, core training, and flexibility.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Interval training is a discontinuous style of training where different intensities and/or types of exercises are alternated along with rest periods. Course will include various methods of interval training including a warm-up, cool-down, cardiovascular conditioning, muscular endurance, core training, and flexibility. (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 2013	Inactive:
UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:
Upon completion of the course students will be able to:
1. Identify basic musculo-skeletal anatomy.
2. Demonstrate proper form and technique for exercises and use of fitness equipment.
3. Explain the use of specific muscle groups in relation to various weight training exercises.
4. Describe principles, methods and benefits of interval training.
5. Create short and long term fitness goals.
6. Assess personal fitness level.
7. Explain proper safety considerations and modifications for interval training exercises and equipment.
8. Assess target heart rate and exercise intensity.

Topics and Scope:

I. Basic musculo-skeletal anatomy
II. Form and technique for use of equipment
    1. Machines
    2. Free weights
    3. Agility ladders
    4. Stability balls
    5. Resistance bands
    6. Glider discs
III. Exercise selection
    A. Fitness level
    B. Muscles worked
    C. Physical fitness component
IV. Methods of interval training
    A. H.I.I.T. (High Intensity Interval Training)

B. Tabata interval training
C. Cardiovascular (aerobic) intervals
D. Anaerobic capacity intervals
E. Power intervals
F. Rest periods
G. Benefits
H. Time, intensity, repetitions, and recovery

V. Benefits of interval training
A. Excess Post Oxygen Consumption (EPOC)
B, Aerobic capacity
C. Body composition
D. Sport specific

VI. Goal setting
A. SMART goals
B. Sport specific

VII. Fitness assessment
A. Baseline
B. Post-test

VIII. Appropriate safety, modifications and progressions based on fitness level

IX. Cardiovascular Fitness and Heart rate
A. Resting heart rate
B. Maximum heart rate
C. Target heart rate
D. Exercise heart rate intensity

Optional topic:

X. Basic nutritional concepts
A. Healthy Eating
B. Pre and post workout meals
C. Critical evaluation of diets and supplements

Assignment:

1. Goal setting
2. Development of an inteval training program based on fitness level and goals
3. Fitness assessments
4. 1-3 exams or quizzes
5. Performance exams
6. Target heart rate calculation
7. Critique of diet or supplements

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.

Goal assignment, critique of diet or supplements	Writing 5 - 25%

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

Target Heart Rate Calculation, Interval Training Program Design	Problem solving 5 - 25%

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

Skill performance exam	Skill Demonstrations 5 - 25%

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

Multiple choice, True/false	Exams 15 - 30%

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

Participation and attendance	Other Category 40 - 60%

Representative Textbooks and Materials:
Instructor prepared materials
ACSM Fitness Book, 3rd Edition. American College of Sports Medicine. Human Kinetics: 2003