KFIT 3.1 Course Outline as of Fall 2013

CATALOG INFORMATION

Dept and Nbr: KFIT 3.1 Title: BODY CONDITIONING - BEG.
Full Title: Beginning Body Conditioning
Last Reviewed: 5/11/2020

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	4.00	3	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:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	PHYED 31.1

Catalog Description:
The purpose of this course is to provide students with an exercise program designed to develop the key components of health related physical fitness: cardiovascular/respiratory conditioning, muscular strength, muscular endurance, flexibility, and body composition.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: The purpose of this course is to provide students with an exercise program designed to develop the key components of health related physical fitness: cardiovascular/respiratory conditioning, muscular strength, muscular endurance, flexibility, and body composition. (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

Outcomes and Objectives:
Upon completion of this course, students will be able to:
1. Perform cardio/respiratory activities.
2. Monitor exercise intensity using exercise heart rate and perceived rate of exertion.
3. Perform exercises specific to individual muscle groups through repetition.
4. Identify specific muscles involved in performing resistance exercises.
5. Perform a variety of exercises to develop flexibility.
6. Perform movement activities to increase the level of body awareness.
7. Explain methods of measuring body composition.

Topics and Scope:

I. Warm-up Activities
   A. Low intensity cardio/respiratory exercise
   B. Stretching
II. Cardio/Respiratory Conditioning such as:
   A. Jogging/Walking
   B. Jump rope
   C. Step exercise
      1. Bench stepping
      2. Bleachers
   D. Cycling /Spinning
   E. Circuit training
   F. Other forms of aerobic group exercise
III. Muscular Development
   A. Strength

B. Endurance

IV. Flexibility

V. Theory

A. Fitness testing (fitness level assessment)

B. Heart rate

1. Calculate exercise training zone
2. Rate of perceived exertion

C. Muscle identification

D. Safety and injury prevention

E. Body composition

Assignment:

1. Fitness assessment such as pre and post-testing
2. Cardio/respiratory conditioning, muscular strength and endurance, and/or flexibility exercises.

3. Exercise 1 hour per week per unit in addition to regularly scheduled class meetings
4. 1-3 Objective quizzes, midterms and/or final exams
5. 1-4 written reports and/or journals
6. Body composition calculation
7. Exercise heart rate calculation
8. Performance exams

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.

1-2 Page Reports, Journals	Writing 0 - 10%

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

Calculation of body composition and/or exercise heart rate	Problem solving 0 - 10%

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

Performance exams, fitness assessment	Skill Demonstrations 10 - 30%

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

Exams/Quizzes: Multiple choice, True/false, Matching items, Completion, Short Answer and Essay	Exams 10 - 30%

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

Attendance and Participation, outside activity	Other Category 40 - 60%

Representative Textbooks and Materials:
Instructor prepared materials