#### **KFIT 3.2 Course Outline as of Fall 2014**

## **CATALOG INFORMATION**

Dept and Nbr: KFIT 3.2 Title: BODY CONDITIONING-INTER. Full Title: Intermediate Body Conditioning Last Reviewed: 5/11/2020

Units		Course Hours per Week	ľ	Nbr of Weeks	<b>Course Hours Total</b>	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	3	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:	PHYED 31.2		

## **Catalog Description:**

The purpose of this course is to provide students with an intermediate level exercise program designed to further 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 intermediate level exercise program designed to further 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:

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

AS Degree: CSU GE:	Area Transfer Area	L		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area	l		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 20-30 minutes of aerobic activity within exercise heart rate zone.
- 2. Calculate exercise heart rate.
- 3. Perform exercises specific to individual muscle groups through repetition.
- 4. Perform a variety of exercises to develop flexibility.
- 5. Perform movement activities to increase the level of body awareness.
- 6. Identify specific muscles involved in performing resistance exercises.
- 7. Monitor exercise intensity using exercise heart rate and rate of perceived exertion.
- 8. 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 frequency, intensity, duration
  - A. Jogging/walking
    - 1. increase intensity
    - 2. increase duration
  - B. Jump Rope
    - 1. increase intensity
    - 2. increase duration
  - C. Cycling/Spinning
    - 1. increase intensity
    - 2. increase duration
  - D. Step exercise

- 1. Bench stepping
  - a. increase intensity
  - b. increase duration
- 2. Bleachers
  - a. increase intensity
  - b. increase duration
- III. Muscular Development
  - A. Strength
    - 1. hand held weights
    - 2. resistance bands
    - 3. exercise balls
  - B. Endurance
    - 1. increased repetition
    - 2. sustained muscle contraction
  - C. Flexibility
- IV. Exercise Theory
  - A. Fitness Testing (fitness level assessment)
  - B. Heart Rate
    - 1. Calculate exercise training zone
    - 2. Rate of perceived exertion
  - C. Muscle identification
  - D. Body Composition
  - E. Injury prevention and care

## Assignment:

- 1. Fitness assessment (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
- 9. Personal exercise program
- 10. Muscle group and exercise identification.

# 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

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

body composition and exercise heart rate calculations

Writing 5 - 10%

Problem solving
5 - 10%

# **Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill

performance exams.

Performance exams, fitness assessments

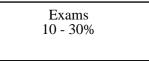
**Exams:** All forms of formal testing, other than skill performance exams.

Exams/Quizzes: Multiple choice, True/false, Matching items, Completion, Short answer or essay

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

Attendance and Participation, out of class activity

Skill Demonstrations 10 - 30%



Other Category 40 - 60%

## **Representative Textbooks and Materials:**

"Complete Guide to Fitness and Health" American College of Sports Medicine, Human Kinetics: 2011

Instructor prepared materials