#### KFIT 37.1 Course Outline as of Fall 2016

# **CATALOG INFORMATION**

Dept and Nbr: KFIT 37.1 Title: BOOT CAMP Full Title: Boot Camp Last Reviewed: 4/13/2020

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	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: 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:	

#### **Catalog Description:**

The course emphasizes a whole body workout through boot camp-style training. Boot camp incorporates calisthenics, cardiovascular and muscular conditioning, agility, drills, and interval training.

**Prerequisites/Corequisites:** 

**Recommended Preparation:** 

**Limits on Enrollment:** 

#### **Schedule of Classes Information:**

Description: The course emphasizes a whole body workout through boot camp-style training. Boot camp incorporates calisthenics, cardiovascular and muscular conditioning, agility, drills, and interval training. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Limits on Enrollment:

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

AS Degree: CSU GE:	Area Transfer Area	I.		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	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**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Perform fundamental boot camp exercises with proper form and intensity for fitness level.

## **Objectives:**

Upon completion of this course, students will be able to:

- 1. Demonstrate boot camp exercises with proper technique.
- 2. Explain modifications, regressions, and progressions for boot camp exercises.
- 3. Calculate and monitor exercise intensity using target heart rate and perceived rate of exertion.
- 4. Identify basic anatomy and biomechanics principles.
- 5. Identify specific fitness or skill components and muscles involved in boot camp exercises.
- 6. Perform movement activities to increase level of body awareness.
- 7. Explain methods of measuring body composition.

8. Describe and explain components of a dynamic warm-up and cool-down for boot camp style classes.

9. Perform static flexibility exercises for muscles worked.

10. Describe the benefits of sports nutrition on performance and recovery.

## **Topics and Scope:**

- I. Warm-up Activities
  - A. Low intensity cardio/respiratory exercise
  - B. Dynamic stretching
- II. Boot Camp Exercises
  - A. Jogging/Walking
    - B. Jump rope
    - C. Push-ups
    - D. Burpees
    - E. Tire runs
    - F. Speed, agility, or plyometrics drills

- G. Drills
- H. Calisthenics
- I. Dive bombers
- J. Walking lunges
- K. Planks
- L. Shuttle runs, relay races, and sprints
- M. Bleachers
- III. Muscular Development
  - A. Strength
  - B. Endurance
- IV. Cool-down
- V. Flexibility
- VI. Physical Fitness Theory
  - A. Fitness testing (fitness level assessment)
  - B. Heart rate
    - 1. Calculate exercise training zone
    - 2. Rate of perceived exertion
  - C. Muscle identification and biomechanics
  - D. Safety and injury prevention
  - E. Modificiations, regressions, and progressions for fitness level and injuries.
  - F. Body composition analysis
  - G. Sports nutrition: Pre and Post workout meals
  - H. Healthy eating for fitness and wellness

# Assignment:

- 1. Fitness assessment such as pre and post-testing
- 2. Written Pre and post exercise sample meals
- 3. Written goals
- 4. 1-3 Objective quizzes, midterms and/or final exams
- 5. 1-4 written reports and/or journals
- 6. Body composition calculation
- 7. Target heart rate calculation
- 8. Performance exams

# Methods of Evaluation/Basis of Grade:

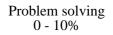
**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

1-2 Page Reports, Journals, Pre and post exercise meals, goal assignment

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

Target Heart Rate Assignment

Writing 0 - 15%



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

Performance exams, fitness assessment including body composition

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

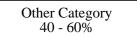
Exams/Quizzes: Multiple choice, True/false, Matching items, Completion, Short Answer and Essay

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

Attendance and Participation, outside activity

<b>Skill Demonstrations</b>
10 - 30%

Exams	
10 - 30%	



### **Representative Textbooks and Materials:**

Instructor prepared materials Fitness & Health, 7th Edition. Sharkey and Gaskill. Human Kinetics: 2013