KFIT 3.3 Course Outline as of Summer 2019

CATALOG INFORMATION

Dept and Nbr: KFIT 3.3 Title: BODY CONDITIONING - ADV.
Full Title: Advanced 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	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: 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:	PHYED 31.3

Catalog Description:
The purpose of this course is to provide students with an advanced 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 advanced 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:

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

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Identify and demonstrate advanced levels of the components of physical fitness (cardiovasular endurance, muscular strength and endurance, flexibility, and body composition).
2. Demonstrate and explain advanced exercises for specific muscle groups.
3. Identify and apply advanced level exercises and methods for improvement in flexibility, body awareness, and body composition.
4. Create a personal workout plan based on individual goals.

Objectives:
Upon completion of this course, students will be able to:
1. Perform 30-45 minutes of aerobic activity within exercise heart rate zone.
2. Perform interval training techniques.
3. Perform resistance exercises at an advanced level that are specific to individual muscle groups.
4. Perform a variety of exercises to develop increased flexibility.
5. Explain and execute movement activities designed to increase body awareness (kinesthetic awareness).
6. Identify specific muscles involved in performing resistance exercises.
7. Calculate exercise heart rate.
8. Monitor exercise intensity using exercise heart rate and rate of perceived exertion.
9. 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
  A. Jogging and interval training
    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
    3. Exercise balls
  C. Flexibility
    1. Increase the duration and number of flexibility exercises
    2. Exercise balls
IV. Body Awareness
  A. Increase the number of exercises to further develop the level of body awareness
  B. Exercise balls
V. Exercise Theory
  A. Fitness Testing (fitness level assessment)
  B. Heart Rate
    1. Calculation of exercise training zone
    2. Rate of perceived exertion
  C. Muscle identification
  D. Nutrition
  E. Injury prevention and care
  F. Body Composition

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, personal exercise program	Writing 5 - 10%

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

Exercise heart rate calculation, body composition calculation	Problem solving 5 - 10%

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

Performance exams, fitness assessments	Skill Demonstrations 10 - 30%

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

Quizzes/Exams: Multiple choice, True/false, Matching items, Completion, Short answer or essay	Exams 20 - 40%

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

Attendance and Participation, out of class activity	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