

**KINES 82 Course Outline as of Summer 2019****CATALOG INFORMATION**

Dept and Nbr: KINES 82 Title: EXERCISE ASSESS AND RX

Full Title: Exercise Assessment and Prescription

Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.50	17.5	Lecture Scheduled	43.75
Minimum	3.00	Lab Scheduled	1.50	5	Lab Scheduled	26.25
		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: 87.50

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

This course will cover assessment of physical fitness components and prescription of exercise programs for sport and fitness participants.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course will cover assessment of physical fitness components and prescription of exercise programs for sport and fitness participants. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

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

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 2010	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Integrate results from health screening, fitness assessment, and goals into a safe and effective training plan for various case study clients.
2. Implement, analyze, and modify training plans to accommodate changes in progression, goals, and client results.

### **Objectives:**

1. Assess one's health by completing a physical activity readiness questionnaire (PAR-Q), medical/health history, and lifestyle questionnaire.
2. Demonstrate the ability to administer baseline fitness assessments in each component of fitness and interpret the results.
3. Identify strategies, barriers, and methods of goal setting.
4. Design written exercise programs for various case studies.
5. Describe the principles and variables of training for a successful annual training plan.
6. Analyze the annual training plan for micro and macro cycles and skill development and recovery.

### **Topics and Scope:**

#### **I. Health Screening**

- A. PAR-Q (physical activity readiness questionnaire)
- B. Lifestyle Inventory
- C. Medical/Health history

#### **II. Baseline Fitness Assessment and Re-Assessment**

- A. Submaximal and/or maximal cardiorespiratory endurance tests for weight bearing exercise and/or non weight bearing exercise.
- B. Musculoskeletal strength and endurance
- C. Flexibility
- D. Body composition
- E. Resting heart rate and blood pressure
- F. Skill related fitness

### III. Test Interpretation

- A. Results from assessments
- B. Comparison with norm tables
- C. Individual guidelines

### IV. Personal Goal Setting

- A. SMART (Specific, Measurable, Attainable, Realistic and Timely) goal setting
- B. Barriers to success
- C. Strategies for success

### V. Principles of Training

- A. F.I.T.T. (Frequency Intensity Time Type) Principle
- B. Progressive Overload
- C. Specificity Principle

### VI. Strategies for successful programs

- A. Implementation strategies
- B. Record keeping

### VII. Variables of Training

- A. Volume
- B. Intensity
- C. Density
- D. Complexity

### VIII. Rest and Recovery

- A. Fatigue and overtraining
- B. Recovery Theory
- C. Recovery interventions and modalities

### IX. Annual Training Plan (ATP)

- A. Periodization for biomotor abilities, strength training, endurance, and speed
- B. ATP phases and characteristics
- C. Criteria for compiling an ATP

### X. Peaking for competition: Peaking and Taper

### XI. Training Cycles: Microcycles and Macrocycles

### XII. Strength and Power Development

- A. Biomotor abilities
- B. Methods of strength training
- C. Manipulation of training variables

### XIII. Endurance Training

- A. Factors affecting aerobic and anaerobic endurance performance
- B. Methods of developing endurance
- C. Methods of developing high intensity exercise endurance

### XIV. Speed and Agility Training Program Design

### **Assignment:**

1. Establish at least three semester goals.
2. Development of an individual exercise program
3. Client project- 2-4 case study prescription and assessment written reports
3. Creation and utilization of an exercise log/journal
4. Assigned textbook readings 20-30 pages per week
5. 2-4 Exams
6. 1-4 Quizzes
7. Field test administration

## 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.

Written homework, Textbook Assignments, Case studies in exercise prescription and assessment, Written individual goals and exercise program, exercise journal/log

Writing  
10 - 50%

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

None

Problem solving  
0 - 0%

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

Field test administration, client projects

Skill Demonstrations  
5 - 25%

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

Multiple choice, True/false, Essay

Exams  
40 - 70%

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

Participation and Attendance

Other Category  
5 - 15%

## Representative Textbooks and Materials:

Periodization: Theory and Methodology of Training, 5th Edition by Tudor O. Bompa and G. Gregory Haff. Human Kinetics. 2009

Instructor Prepared materials