

**KFIT 61 Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: KFIT 61 Title: PERS FIT TRAINING

Full Title: Personal Fitness Training

Last Reviewed: 12/9/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	0.50	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		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:**

This course is designed to provide students with fundamental exercise training guidelines and principles to improve personal fitness. This course offers flexibility to complete the participation requirement during any open gym hours at the assigned campus. A required orientation and fitness assessments will be completed as part of the course.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: This course is designed to provide students with fundamental exercise training guidelines and principles to improve personal fitness. This course offers flexibility to complete the participation requirement during any open gym hours at the assigned campus. A required orientation and fitness assessments will be completed as part of the course. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:  
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 2020	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. Complete personal workout including warm-up, cool-down, and components of physical fitness based on fitness level, goals, and credible safe and effective training guidelines.

### **Objectives:**

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

1. Demonstrate safe and proper use of equipment and exercise technique
2. Monitor exercise intensity using target heart rate and perceived rate of exertion
3. Apply fitness testing results to train based on fitness level
4. Apply effective goal setting model to create fitness goals
5. Incorporate all components of health-related physical fitness in personal fitness program
6. Identify safety and injury prevention practices in a fitness setting
7. Identify and summarize fitness training information from credible sources

### **Topics and Scope:**

#### **I. Warm-up Activities**

- A. Low intensity cardio/respiratory exercise
- B. Dynamic stretching

#### **II. Cardio/Respiratory Conditioning**

- A. Jogging/Walking
- B. Jump rope
- C. Step exercise
  1. Bench stepping
  2. Bleachers
- D. Cycling, spinning, treadmill, or elliptical cardio equipment
- E. Circuit training

- F. Other forms of aerobic group exercise
- III. Muscular Development
  - A. Strength
  - B. Endurance
  - C. Weights, resistance bands, body weight, kettlebells
  - D. Use of other resistance training methods
- IV. Cool-down
- V. Flexibility
- VI. Components of a Personal Fitness Program
  - A. Warm-up
  - B. Cardiorespiratory endurance
  - C. Muscular strength and endurance
  - D. Cool-down
  - E. Flexibility
- VII. Introduction to Equipment
  - A. Orientation of proper use of equipment
  - B. Safety and injury prevention in the weight room
- VIII. Exercise Intensity Measurement
  - A. Frequency, Intensity, Time, Type (FITT) Principle
  - B. Target Heart Rate
  - C. Rate of Perceived Exertion (RPE)
- IX. Fitness Assessments
  - A. Cardiovascular endurance
  - B. Muscular endurance
  - C. Flexibility
  - D. Muscular strength
  - E. Body composition
- X. Goal Setting
  - A. Specific, Measurable, Attainable, Relevant and Timely (SMART) goals
  - B. Behavior change principles
  - C. Motivation
- XI. Credible Sources for Training Information
  - A. Professional fitness organizations
  - B. Evaluating sources of information for credibility

### **Assignment:**

Students are expected to spend hours outside of class doing additional fitness exercises. A list of fitness exercises will be given that students may do at home:

1. Orientation
2. Pre- and Post-fitness assessments
3. Goal Setting Assignment
4. Target Heart Rate Assignment
5. Fitness Article Summary
6. Quizzes

### **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.

Fitness Article Summary, Goals

Writing  
5 - 15%

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

Target Heart Rate

Problem solving  
0 - 5%

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

Fitness assessments

Skill Demonstrations  
5 - 10%

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

Quizzes

Exams  
15 - 20%

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

Attendance and Participation, Orientation

Other Category  
50 - 60%

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

Complete Guide to Fitness and Health. 2nd ed. American College of Sports Medicine. Human Kinetics. 2017

Instructor prepared materials