

**KFIT 64 Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: KFIT 64 Title: PERS FIT PROGRAM DESIGN  
 Full Title: Personal Fitness Program Design  
 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 instruction and experience in exercise program design based on personal fitness goals and assessments using proper protocols and exercise training guidelines. This course offers flexibility to complete participation requirement during any open gym hours at the assigned campus. Fitness assessments will be completed as part of this course.

**Prerequisites/Corequisites:**

Course Completion of KFIT 61

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

Description: This course is designed to provide instruction and experience in exercise program design based on personal fitness goals and assessments using proper protocols and exercise training guidelines. This course offers flexibility to complete participation requirement during any open gym hours at the assigned campus. Fitness assessments will be completed as part of this course. (Grade or P/NP)

Prerequisites/Corequisites: Course Completion of KFIT 61

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:**

Major Applicable Course

## **COURSE CONTENT**

**Student Learning Outcomes:**

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

1. Design a personalized workout program based on goals and fitness assessment results following proper protocols and exercise guidelines.

**Objectives:**

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

1. Identify and apply proper training protocol and exercise guidelines
2. Apply fitness testing results to design a program appropriate for personal fitness level
3. Apply personal fitness goals to workout program
4. Identify and demonstrate various types of specialized training
5. Incorporate all components of health-related physical fitness in personal fitness program
6. Demonstrate safety and injury prevention using proper training volume and recovery
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. Training Protocol and Exercise Guidelines
  - A. Exercise selection and order
  - B. Training volume (weight, sets, repetitions)
  - C. American College of Sports Medicine (ACSM) exercise recommendations and guidelines
  - D. Progressive overload, progression, and recovery
  - E. Specificity
  - F. Individual preferences
  - G. Specific Adaptations to Imposed Demands (SAID)
- VII. Personal Fitness Program Design and Goals
  - A. Goal setting
  - B. Applying goals and fitness testing results to program design
  - C. Warm up and cool down
  - D. Cardiorespiratory endurance
  - E. Muscular strength and endurance
  - F. Flexibility
- VIII. Types of Specialized Training
  - A. Functional fitness
  - B. Body weight training
  - C. High Intensity Interval Training (HIIT)
  - D. Periodization
  - E. Speed, power, agility, and plyometrics
  - F. Balance and coordination
- IX. Safety and Injury Prevention
  - A. Proper training volume and overload
  - B. Recovery
  - C. Overtraining
- X. Credible Sources for Program Design and Exercise Guidelines
  - 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. Pre- and Post-fitness assessments
2. Goal setting assignment
3. Personal program design based on fitness assessments and training protocol and guidelines
4. Develop workout routine using specialized training protocol
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.

Personal program design

Problem solving  
5 - 10%

**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

Other Category  
50 - 60%

## Representative Textbooks and Materials:

NSCA's Guide to Program Design. Hoffman, Jay. Human Kinetics. 2012 (classic)  
Instructor prepared materials