

CATALOG INFORMATION

Dept and Nbr: KFIT 37

Title: INTRO TO BOOT CAMP TRAIN

Full Title: Introduction to Boot Camp Training

Last Reviewed: 8/28/2023

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	5	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 is an introduction to boot camp-style training through intense and vigorous cardiovascular and muscle strengthening exercises.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: The course is an introduction to boot camp-style training through intense and vigorous cardiovascular and muscle strengthening exercises. (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:	Spring 2018	Inactive:
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UC Transfer:	Transferable	Effective:	Spring 2018	Inactive:
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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. Safely perform introductory boot camp exercises
2. Demonstrate a basic knowledge of fitness principles
3. Measure and monitor resting and target heart rates

Objectives:

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

1. Demonstrate introductory boot camp exercises
2. Calculate and monitor exercise intensity using target heart rate and perceived rate of exertion
3. Identify basic anatomy and training principles
4. Perform movement activities to increase level of body awareness

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
- 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 training principles
- D. Safety and injury prevention

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

- 1. Read 5 - 10 pages from textbook per week
- 2. Fitness assessment such as pre and post-testing
- 3. Written pre and post exercise sample meals
- 4. Written goals
- 5. Objective quizzes, midterms and/or final exams (1 - 3)
- 6. One to two page written reports and/or journals (1 - 4)
- 7. Body composition calculation
- 8. Target heart rate calculation
- 9. 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.

Reports, Journals, Pre and post exercise meals, goal assignment

Writing
0 - 15%

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

Target Heart Rate Assignment

Problem solving
0 - 10%

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

Performance exams, fitness assessment including body composition

Skill Demonstrations
10 - 30%

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

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

Exams
10 - 30%

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

Attendance and Participation, outside activity

Other Category
40 - 60%

Representative Textbooks and Materials:

Fitness & Health. 7th ed. Sharkey, Brian and Gaskill, Steven. Human Kinetics. 2013 (classic)
Instructor prepared materials