KFIT 37.1 Course Outline as of Summer 2022

CATALOG INFORMATION

Dept and Nbr: KFIT 37.1 Title: BOOT CAMP
Full Title: Boot Camp
Last Reviewed: 4/13/2020

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	6	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 emphasizes a whole body workout through boot camp-style training. Boot camp incorporates calisthenics, cardiovascular and muscular conditioning, agility, drills, and interval training.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: The course emphasizes a whole body workout through boot camp-style training. Boot camp incorporates calisthenics, cardiovascular and muscular conditioning, agility, drills, and interval training. (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 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	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. Perform fundamental boot camp exercises with proper form and intensity for fitness level.

Objectives:
At the conclusion of this course, the student should be able to:
1. Demonstrate boot camp exercises with proper technique.
2. Explain modifications, regressions, and progressions for boot camp exercises.
3. Calculate and monitor exercise intensity using target heart rate and perceived rate of exertion.
4. Identify basic anatomy and biomechanics principles.
5. Identify specific fitness or skill components and muscles involved in boot camp exercises.
6. Perform movement activities to increase level of body awareness.
7. Explain methods of measuring body composition.
8. Describe and explain components of a dynamic warm-up and cool-down for boot camp style classes.
9. Perform static flexibility exercises for muscles worked.
10. Describe the beneftis of sports nutrition on performance and recovery.

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
G. Drills
H. Calisthenics
I. Dive bombers
J. Walking lunges
K. Planks
L. Shuttle runs, relay races, and sprints
M. Bleachers

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 biomechanics
D. Safety and injury prevention
E. Modificiations, regressions, and progressions for fitness level and injuries.
F. Body composition analysis
G. Sports nutrition: Pre and Post workout meals
H. Healthy eating for fitness and wellness

Assignment:

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

1. Fitness assessment such as pre and post-testing
2. Written Pre and post exercise sample meals
3. Written goals
4. Final exam
5. One to two page reports and/or journal(s) (1 - 4)
6. Body composition calculation
7. Target heart rate calculation
8. 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 and/or 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.

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