

**KFIT 15.1 Course Outline as of Fall 2024****CATALOG INFORMATION**

Dept and Nbr: KFIT 15.1 Title: PERSONAL FIT ACTIVITIES

Full Title: Personal Fitness Activities

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 | 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:**

Students will experience personal program development and practice in all components of physical fitness including cardiovascular conditioning, muscular strength and endurance, flexibility, and body conditioning.

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

Description: Students will experience personal program development and practice in all components of physical fitness including cardiovascular conditioning, muscular strength and endurance, flexibility, and body conditioning. (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:**

|                   |                      |            |           |
|-------------------|----------------------|------------|-----------|
| <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 2017 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

|                     |              |            |           |           |
|---------------------|--------------|------------|-----------|-----------|
| <b>UC Transfer:</b> | Transferable | Effective: | Fall 2017 | 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. Develop and execute an individual fitness program based on goals, personal assessments, and proper exercise guidelines utilizing a personal fitness program tracker.
2. Integrate healthy eating strategies into personalized fitness program to help meet personal goals.

**Objectives:**

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

1. Demonstrate correct use of a fitness tracker to track activity throughout the course.
2. Assess individual fitness level through at-home fitness tests.
3. Calculate resting, target, and maximum heart rates and rate of perceived exertion (RPE).
4. Develop personal goals based on results of fitness tests.
5. Develop a personalized fitness program based on personal goals.
6. Demonstrate ability to regress and progress exercises.
7. Demonstrate proper exercise guidelines for safety and injury prevention.
8. Demonstrate basic components of a workout including a warm-up, cardio-respiratory endurance, muscular endurance, flexibility, and cool-down.
9. Record and report frequency, intensity, duration, and type of activities performed.
10. Define components of physical fitness.
11. Explain guidelines for healthy eating and weight management.

**Topics and Scope:**

- I. Selection and Use of Fitness Program Tracker or Time Lapse Videos
  - A. Introduction to tracker options
  - B. Selecting tracker program based on exercise plan
  - C. Reporting logs and measurements online
  - D. Technical support
  - E. Timelapse videos

## II. Physical Fitness Testing

- A. Step test
- B. Push-up test
- C. Curl-up test
- D. Squat test
- E. Sit and reach test
- F. Vertical jump test

## III. Heart Rate and RPE calculations

- A. Pulse palpation
- B. 60-second, 30-second, and 10-second heart rate calculations at rest, during, and after exercising
- C. Age-predicted maximum heart rate equation for estimating exercise heart rates
- D. Heart-rate reserve formula for estimating exercise heart rates
- E. RPE scale
- F. Talk test

## IV. Personal Goal Development

- A. Choosing a realistic goal
- B. Specific Measurable Action-Based Realistic Time-Bound (SMART) goal format
- C. Planning progressive weekly, monthly, and 3-month goals
- D. Determining readiness to change
- E. Identifying individualized motivation for a goal
- F. Writing a goal contract

## V. Personalized Fitness Program Development

- A. Applying fitness test results
- B. American College of Sports Medicine (ACSM) exercise guidelines and recommendations
- C. Designing your exercise program
- D. Specificity principle
- E. Progressive overload principle
- F. Frequency Intensity Time Type (FITT) principle
- G. Recovery
- H. Time management
- I. Individual exercise preferences

## VI. Leveled Exercise Regressions and Progressions

- A. Regressions for cardiorespiratory, muscular endurance, and flexibility exercises
- B. Progressions for cardiorespiratory, muscular endurance, and flexibility exercises
- C. Determining level of exercise to select

## VII. Safety and Injury Prevention Guidelines

- A. Pre-participation health screening
- B. Warning signs to stop exercising
- C. Prevention and care of common exercise injuries

## VIII. Components of a Workout

- A. Warm-up
- B. Cardiorespiratory component
- C. Muscular endurance component
- D. Flexibility component
- E. Cool-down

## IX. Recording and Reporting Workout Activities

- A. Using a workout log to record and report exercise activities
- B. Using technology to record and report exercise activities
- C. Reporting frequency, intensity, duration, type of cardiorespiratory exercises
- D. Reporting frequency, intensity, duration, type of muscular endurance exercises
- E. Reporting frequency, intensity, duration, type of flexibility exercises

X. Components of Physical Fitness

- A. Cardiorespiratory endurance
- B. Muscular endurance
- C. Muscular strength
- D. Flexibility
- E. Body Composition
- F. Neuromotor exercise
- G. Activity-specific skills

XI. Healthy Eating Guidelines

- A. MyPlate
- B. Dietary Guidelines for Americans
- C. Nutrition Facts Label
- D. Macronutrients
- E. Vitamins, minerals, and dietary supplements
- F. Nutrition needs before, during, after exercise activities

XII. Weight Management Guidelines

- A. Energy balance
- B. Factors influencing body composition
- C. The role of exercise in weight management
- D. Weight management lifestyle
- E. Weight loss strategies
- F. Body image and disordered eating

**Assignment:**

1. Fitness testing and assessments
2. Target heart rate calculation assignment
3. Short-term and long-term goal setting
4. Develop a personalized fitness program
5. Healthy eating and weight management plan
6. Exercise journals
7. Exams/quizzes
8. Participation tracked by fitness tracker reports or time lapse videos
9. Discussions on health-related topics
10. Exercise technique demonstration videos

**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.

Goal setting; personal fitness program; healthy eating/weight management plan; exercise journals

Writing  
10 - 40%

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

Fitness testing and assessment; target heart rate calculation assignment

Problem solving  
5 - 15%

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

Exercise technique demonstration videos

Skill Demonstrations  
0 - 10%

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

Exams/quizzes

Exams  
20 - 30%

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

Fitness tracker reports or time lapse videos; discussions on health-related topics; participation and attendance

Other Category  
30 - 50%

**Representative Textbooks and Materials:**

Total Fitness and Wellness. 8th ed. Powers and Dodd. Pearson Publishing. 2020.

Instructor prepared materials