

KFIT 37 Course Outline as of Fall 2024**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:

Students will participate in introductory-level boot camp-style training through cardiovascular and muscle conditioning exercises.

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

Description: Students will participate in introductory-level boot camp-style training through cardiovascular and muscle conditioning 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:	
UC Transfer:	Transferable	Effective:	Spring 2018	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. Safely perform introductory boot camp exercises
2. 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 muscle anatomy and training principles
4. Perform movement activities to increase level of conditioning and 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. Step ups, body weight squats, and lunges
 - E. High intensity interval training
 - F. Burpees, mountain climbers, and jumping jacks
 - G. Tire runs
 - H. Speed, agility, or plyometrics drills
- III. Muscular Development
 - A. Strength
 - B. Endurance
- IV. Cool-down
- V. Flexibility
- VI. Physical Fitness Assessments and Principles

- 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:

- 1. Reading fitness content from texts, articles, and instructor materials
- 2. Fitness assessments, such as:
 - A. Pre-testing
 - B. Post-testing
- 3. Written goals assignment
- 4. Quizzes/exams
- 6. Written reports and/or journals
- 7. Body composition calculation
- 8. Target heart rate calculation
- 9. Skill 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.

Written reports and/or journals; written goals assignment	Writing 0 - 15%
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Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Target heart rate calculation	Problem solving 0 - 10%
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Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Fitness assessments; body composition calculation; skill performance exams	Skill Demonstrations 10 - 30%
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Exams: All forms of formal testing, other than skill performance exams.

Quizzes/exams	Exams 10 - 30%
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Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation	Other Category 40 - 60%
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Representative Textbooks and Materials:

Total Fitness and Wellness, 8th ed. Powers and Dodd. Person. 2020.

Instructor prepared materials