

**KFIT 62 Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: KFIT 62 Title: PERS FIT TECHNIQUE

Full Title: Personal Fitness Technique

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 fitness training instruction and experience using proper form and technique based on principles of biomechanics and personal fitness level. This course offers flexibility to complete the participation requirement during any open gym hours at the assigned campus. Fitness assessments will be completed as part of the course.

**Prerequisites/Corequisites:**

Course Completion of KFIT 61

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

Description: This course is designed to provide fitness training instruction and experience using proper form and technique based on principles of biomechanics and personal fitness level. This course offers flexibility to complete the participation requirement during any open gym hours at the assigned campus. Fitness assessments will be completed as part of the 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. Demonstrate personal workout with proper form and technique based on personal fitness level utilizing the principles of biomechanics.

### **Objectives:**

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

1. Demonstrate proper exercise biomechanics and anatomical alignment
2. Identify musculoskeletal anatomy, planes of movement, and joint actions
3. Apply fitness testing results to train based on fitness level using regressions, progressions, and modifications
4. Apply personal fitness goals to workout routine
5. Incorporate all components of health-related physical fitness in personal fitness program
6. Demonstrate safety and injury prevention using proper training volume and biomechanical technique
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. Components of a Personal Fitness Program
  - A. Warm-up
  - B. Cardiorespiratory endurance
  - C. Muscular strength and endurance
  - D. Cool-down
  - E. Flexibility
- VII. Exercise Form and Technique
  - A. Biomechanics
  - B. Anatomical alignment
- VIII. Musculoskeletal Anatomy
  - A. Planes of movement
  - B. Muscle and joint actions
  - C. Muscle fiber types
  - D. Exercises for specific muscles or muscle groups
- IX. Fitness Assessments
  - A. Cardiovascular endurance
  - B. Muscular endurance
  - C. Flexibility
  - D. Muscular strength
  - E. Body composition
- X. Personal Fitness Routine and Goals
  - A. Goal setting
  - B. Applying goals and fitness testing results to workout routine
  - C. Warm up and cool down
  - D. Cardiorespiratory endurance
  - E. Muscular strength and endurance
  - F. Flexibility
- XI. Safety and Injury Prevention
  - A. Proper training volume and technique
  - B. Proper progression
  - C. Using regressions and modifications
- XII. Credible Sources for Training Techniques
  - 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. Identify muscles and exercises for each major muscle or group of muscles
4. Fitness Article Summary
5. 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.

Muscle and exercise identification

Problem solving  
0 - 5%

**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:

The Strength Training Anatomy Workout. 3rd ed. Delavier, Frederic. Human Kinetics. 2010 (classic)

Instructor prepared materials