

KFIT 17.1 Course Outline as of Fall 2021**CATALOG INFORMATION**

Dept and Nbr: KFIT 17.1 Title: INTERVAL TRAINING

Full Title: Interval Training

Last Reviewed: 3/9/2020

| 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:

Interval training is a discontinuous style of training where different intensities and/or types of exercises are alternated along with rest periods. Course will include various methods of interval training including a warm-up, cool-down, cardiovascular conditioning, muscular endurance, core training, and flexibility.

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

Description: Interval training is a discontinuous style of training where different intensities and/or types of exercises are alternated along with rest periods. Course will include various methods of interval training including a warm-up, cool-down, cardiovascular conditioning, muscular endurance, core training, and flexibility. (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. Demonstrate and apply proper technique and interval training protocol based on fitness level.

Objectives:

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

1. Identify basic musculo-skeletal anatomy.
2. Demonstrate proper form and technique for exercises and use of fitness equipment.
3. Explain the use of specific muscle groups in relation to various weight training exercises.
4. Describe principles, methods and benefits of interval training.
5. Create short and long term fitness goals.
6. Assess personal fitness level.
7. Explain proper safety considerations and modifications for interval training exercises and equipment.
8. Assess target heart rate and exercise intensity.

Topics and Scope:

- I. Basic Musculo-Skeletal Anatomy
- II. Form and Technique for Use of Equipment
 - A. Machines
 - B. Free weights
 - C. Agility ladders
 - D. Stability balls
 - E. Resistance bands
 - F. Glider discs
- III. Exercise Selection
 - A. Fitness level

- B. Muscles worked
- C. Physical fitness component
- IV. Methods of Interval Training
 - A. H.I.I.T. (High Intensity Interval Training)
 - B. Tabata interval training
 - C. Cardiovascular (aerobic) intervals
 - D. Anaerobic capacity intervals
 - E. Power intervals
 - F. Rest periods
 - G. Benefits
 - H. Time, intensity, repetitions, and recovery
- V. Benefits of Interval Training
 - A. Excess Post Oxygen Consumption (EPOC)
 - B. Aerobic capacity
 - C. Body composition
 - D. Sport specific
- VI. Goal Setting
 - A. SMART goals
 - B. Sport specific
- VII. Fitness Assessment
 - A. Baseline
 - B. Post-test
- VIII. Appropriate Safety, Modifications and Progressions Based on Fitness Level
- IX. Cardiovascular Fitness and Heart Rate
 - A. Resting heart rate
 - B. Maximum heart rate
 - C. Target heart rate
 - D. Exercise heart rate intensity

Optional topic:

- X. Basic Nutritional Concepts
 - A. Healthy Eating
 - B. Pre and post workout meals
 - C. Critical evaluation of diets and supplements

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. Goal setting
2. Development of an interval training program based on fitness level and goals
3. Fitness assessments
4. Exam(s) or quiz(zes) (1 - 3)
5. Performance exams
6. Target heart rate calculation
7. Critique of diet or supplements

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 assignment, critique of diet or supplements

Writing
5 - 25%

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

Target Heart Rate Calculation, Interval Training Program Design

Problem solving
5 - 25%

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

Skill performance exam

Skill Demonstrations
5 - 25%

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

Exam(s) or quiz(zes)

Exams
15 - 30%

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

Participation and attendance

Other Category
40 - 60%

Representative Textbooks and Materials:

Instructor prepared materials

ACSM Fitness Book. 3rd ed. American College of Sports Medicine. Human Kinetics. 2003 (classic)