

**KFIT 3.1 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KFIT 3.1 Title: BODY CONDITIONING - BEG.

Full Title: Beginning Body Conditioning

Last Reviewed: 5/11/2020

Units	Course Hours per Week	Nbr of Weeks	Course Hours Total
Maximum 1.50	Lecture Scheduled	0	Lecture Scheduled 0
Minimum 1.50	Lab Scheduled	3.00	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: PHYED 31.1

**Catalog Description:**

The purpose of this course is to provide students with an exercise program designed to develop the key components of health-related physical fitness: cardiovascular/respiratory conditioning, muscular strength, muscular endurance, flexibility, and body composition.

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

Description: The purpose of this course is to provide students with an exercise program designed to develop the key components of health-related physical fitness: cardiovascular/respiratory conditioning, muscular strength, muscular endurance, flexibility, and body composition. (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 1981	Inactive:
<b>UC Transfer:</b>	Transferable	Effective: Fall 1981	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. Identify and demonstrate fundamental cardiovascular/respiratory principles.
2. Demonstrate and explain exercises and muscle groups specific to muscular strength and endurance.
3. Identify and apply exercises and methods for flexibility improvement, body awareness, and body composition.

### **Objectives:**

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

1. Perform cardio/respiratory activities.
2. Monitor exercise intensity using exercise heart rate and perceived rate of exertion.
3. Perform exercises specific to individual muscle groups through repetition.
4. Identify specific muscles involved in performing resistance exercises.
5. Perform a variety of exercises to develop flexibility.
6. Perform movement activities to increase the level of body awareness.
7. Explain methods of measuring body composition.

### **Topics and Scope:**

- I. Warm-up Activities
  - A. Low intensity cardio/respiratory exercise
  - B. Stretching
- II. Cardio/Respiratory Conditioning such as:
  - A. Jogging/Walking
  - B. Jump rope
  - C. Step exercise
    1. Bench stepping
    2. Bleachers
  - D. Cycling /Spinning

- E. Circuit training
  - F. Other forms of aerobic group exercise
- III. Muscular Development
- A. Strength
  - B. Endurance
  - C. Use of resistance training methods
- IV. Flexibility
- V. Theory
- A. Fitness testing (fitness level assessment)
  - B. Heart rate
    - 1. Calculate exercise training zone
    - 2. Rate of perceived exertion
  - C. Muscle identification
  - D. Safety and injury prevention
  - E. Body composition

**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. Cardio/respiratory conditioning, muscular strength and endurance, and/or flexibility exercises.
3. Exercise 1 hour per week per unit in addition to regularly scheduled class meetings
4. One to three Objective quiz(zes) and one to three midterm(s)
5. Final exam
6. One to two page written report(s) and/or journal(s) (1 - 4)
7. Body composition calculation
8. Exercise heart rate calculation
9. 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.

Report(s) and/or Journal(s)
-----------------------------

Writing 5 - 10%
--------------------

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

Calculation of body composition and/or exercise heart rate
--

Problem solving 5 - 10%
----------------------------

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

Performance exams, fitness assessment
---------------------------------------

Skill Demonstrations 10 - 30%
----------------------------------

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

Quiz(zes), midterm(s), 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:**

Complete Guide to Fitness and Health. 2nd ed. Bushman, Barbara and American College of Sports Medicine. Human Kinetics. 2017

Instructor prepared materials