

**KFIT 63 Course Outline as of Fall 2024****CATALOG INFORMATION**

Dept and Nbr: KFIT 63 Title: PERS FIT HEALTH WELLNESS

Full Title: Personal Fitness Health and Wellness

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 students with health and wellness principles and behavior modification strategies to enhance their personal fitness program. 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 students with health and wellness principles and behavior modification strategies to enhance their personal fitness program. 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. Design a behavior modification strategy to address wellness goals using credible, evidence-based information in the area of health and wellness and apply the strategies to personal fitness program.

**Objectives:**

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

1. Perform all components of a personalized fitness program
2. Identify essential nutrients and their role and function for health and fitness
3. Identify and apply the safest and most effective approach to weight management
4. Demonstrate effective evidence-based strategies for behavior modification
5. Explain the relationship of exercise to mental and emotional health
6. Explain the relationship of exercise and nutrition to disease prevention
7. Identify and apply strategies to manage stress and improve sleep habits
8. Summarize and apply nutrition and wellness 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. Nutrition Basics
- A. Macronutrients
  - B. Micronutrients
  - C. Supplements
  - D. Nutrition for sport and exercise
- VII. Weight Management
- A. Energy balance
  - B. Fad diets and weight loss products
  - C. Set point theory
  - D. Evidence-based weight management strategies
  - E. Mindful eating
- VIII. Behavior Modification
- A. Evidence-based strategies to change behavior
  - B. Goal setting
  - C. Transtheoretical model of change
  - D. Extrinsic and intrinsic motivation
- IX. Psychological Health in Exercise
- A. Positive psychology
  - B. Exercise impact on mental health
  - C. Stress management
  - D. Healthy sleep habits
- X. Disease Prevention
- A. Exercise and nutrition impact on chronic disease risk
  - B. Exercise impact on immune system
  - C. Prevalent lifestyle related diseases
- XI. Credible Sources for Nutrition and Wellness
- A. Professional nutrition 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 and behavior modification assignment
3. Nutrition, stress, or disease prevention article summary
4. 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.

Article Summary

Writing  
5 - 15%

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

Goal/Behavior Modification

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:**

Sports Nutrition Guidebook. 6th ed. Clark, Nancy. Human Kinetics. 2019  
Instructor prepared materials