KFIT 37.1 Course Outline as of Summer 2022

CATALOG INFORMATION

Dept and Nbr: KFIT 37.1 Title: BOOT CAMP Full Title: Boot Camp Last Reviewed: 4/13/2020

Units		Course Hours per Week	N	br 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:

The course emphasizes a whole body workout through boot camp-style training. Boot camp incorporates calisthenics, cardiovascular and muscular conditioning, agility, drills, and interval training.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: The course emphasizes a whole body workout through boot camp-style training. Boot camp incorporates calisthenics, cardiovascular and muscular conditioning, agility, drills, and interval training. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Limits on Enrollment:

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree: CSU GE:	Area Transfer Area		Effective: Effective:	Inactive: Inactive:	
IGETC:	ETC: 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. Perform fundamental boot camp exercises with proper form and intensity for fitness level.

Objectives:

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

- 1. Demonstrate boot camp exercises with proper technique.
- 2. Explain modifications, regressions, and progressions for boot camp exercises.
- 3. Calculate and monitor exercise intensity using target heart rate and perceived rate of exertion.
- 4. Identify basic anatomy and biomechanics principles.
- 5. Identify specific fitness or skill components and muscles involved in boot camp exercises.
- 6. Perform movement activities to increase level of body awareness.
- 7. Explain methods of measuring body composition.
- 8. Describe and explain components of a dynamic warm-up and cool-down for boot camp style classes.
- 9. Perform static flexibility exercises for muscles worked.
- 10. Describe the benefits of sports nutrition on performance and recovery.

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. Burpees
 - E. Tire runs

- F. Speed, agility, or plyometrics drills
- G. Drills
- H. Calisthenics
- I. Dive bombers
- J. Walking lunges
- K. Planks
- L. Shuttle runs, relay races, and sprints
- M. Bleachers
- III. Muscular Development
 - A. Strength
 - B. Endurance
- IV. Cool-down
- V. Flexibility
- VI. Physical Fitness Theory
 - A. Fitness testing (fitness level assessment)
 - B. Heart rate
 - 1. Calculate exercise training zone
 - 2. Rate of perceived exertion
 - C. Muscle identification and biomechanics
 - D. Safety and injury prevention
 - E. Modificiations, regressions, and progressions for fitness level and injuries.
 - F. Body composition analysis
 - G. Sports nutrition: Pre and Post workout meals
 - H. Healthy eating for fitness and wellness

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. Written Pre and post exercise sample meals
- 3. Written goals
- 4. Final exam
- 5. One to two page reports and/or journal(s) (1 4)
- 6. Body composition calculation
- 7. Target heart rate calculation
- 8. 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.

Reports and/or Journals, Pre and post exercise meals, goal assignment

Writing 0 - 15% **Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Problem solving Target Heart Rate Assignment 0 - 10% Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams. Skill Demonstrations Performance exams, fitness assessment including body 10 - 30% composition Exams: All forms of formal testing, other than skill performance exams. Exams Final exam 10 - 30% **Other:** Includes any assessment tools that do not logically fit into the above categories. Other Category Attendance and Participation, outside activity 40 - 60%

Representative Textbooks and Materials:

Instructor prepared materials

Fitness & Health. 7th ed. Sharkey, Brian and Gaskill, Steven. Human Kinetics. 2013 (classic)