#### KFIT 3.3 Course Outline as of Fall 2012

### **CATALOG INFORMATION**

Dept and Nbr: KFIT 3.3 Title: BODY CONDITIONING - ADV. Full Title: Advanced Body Conditioning Last Reviewed: 5/11/2020

Units		Course Hours per Week	I	Nbr of Weeks	<b>Course Hours Total</b>	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	22 - 4 Times in any Comb of Levels
Also Listed As:	
Formerly:	PHYED 31.3

#### **Catalog Description:**

The purpose of this course is to provide students with an advanced level exercise program designed to further 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 advanced level exercise program designed to further 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:

# **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

AS Degree: CSU GE:	Area Transfer Area	L		Effective: Effective:	Inactive: Inactive:
<b>IGETC:</b>	Transfer Area	l		Effective:	Inactive:
CSU Transfer	: Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:

#### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

#### **Outcomes and Objectives:**

Upon completion of this course, students will be able to:

- 1. Perform 30-45 minutes of aerobic activity within exercise heart rate zone.
- 2. Perform interval training techniques.
- 3. Perform resistance exercises at an advanced level that are specific to individual muscle groups.
- 4. Perform a variety of exercises to develop increased flexibility.
- 5. Explain and execute movement activities designed to increase body awareness (kinesthetic awareness).
- 6. Identify specific muscles involved in performing resistance exercises.
- 7. Calculate exercise heart rate.
- 8. Monitor exercise intensity using exercise heart rate and rate of perceived exertion.
- 9. Explain methods of measuring body composition.
- 10. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives.

### **Topics and Scope:**

- I. Warm-up activities
  - A. Low intensity cardio/respiratory exercise
  - B. Stretching
- II. Cardio/respiratory conditioning
  - A. Jogging and interval training
    - 1. Increase intensity
    - 2. Increase duration
  - B. Jump Rope
    - 1. Increase intensity
    - 2. Increase duration

- C. Cycling/Spinning
  - 1. Increase intensity
  - 2. Increase duration
- D. Step exercise
  - 1. Bench stepping
    - a. Increase intensity
    - b. Increase duration
  - 2. Bleachers
    - a. Increase intensity
    - b. Increase duration
- III. Muscular Development
  - A. Strength
    - 1. Hand held weights
    - 2. Resistance bands
    - 3. Exercise balls
  - B. Endurance
    - 1. Increased repetition
    - 2. Sustained muscle contraction
    - 3. Exercise balls
  - C. Flexibility
    - 1. Increase the duration and number of flexibility exercises
    - 2. Exercise balls
- IV. Body Awareness
  - A. Increase the number of exercises to further develop the level of
    - body awareness
  - B. Exercise balls
- V. Exercise Theory
  - A. Fitness Testing (fitness level assessment)
  - B. Heart Rate
    - 1. Calculation of exercise training zone
    - 2. Rate of perceived exertion
  - C. Muscle identification
  - D. Nutrition
  - E. Injury prevention and care
  - F. Body Composition
- VI. Repeating students must demonstrate increased depth and breadth of related skills with new learning objectives.

# Assignment:

- 1. Fitness assessment (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. 1-3 objective quizzes, midterms, and/or final exams
- 5. 1-4 written reports and/or journals
- 6. Body composition calculation
- 7. Exercise heart rate calculation
- 8. Performance exams
- 9. Personal exercise program.
- 10. Muscle group and exercise identification.
- 11. Repeating students must demonstrate increased depth and breadth of related skills

with new learning objectives.

#### 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.

1-2 Page Reports, Journals, personal exercise program

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

Exercise heart rate calculation, body composition calculation

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

Performance exams, fitness assessments

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

Quizzes/Exams: Multiple choice, True/false, Matching items, Completion, Short answer or essay

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

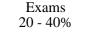
Attendance and Participation, out of class activity

#### **Representative Textbooks and Materials:**

Instructor prepared materials

	0 - 10%
	Problem solving
	0 - 10%
	Skill Demonstrations
1	SKIII DEMONSITATIONS

Writing



10 - 30%

Other Category 40 - 60%