#### **KFIT 4.1 Course Outline as of Fall 2013**

# **CATALOG INFORMATION**

Dept and Nbr: KFIT 4.1 T Full Title: Body Mechanics Last Reviewed: 2/12/2024

Title: BODY MECHANICS

Units **Course Hours per Week** Nbr of Weeks **Course Hours Total** Lecture Scheduled Maximum 17.5 Lecture Scheduled 1.50 0 0 1.50 Lab Scheduled 5 Minimum 3.00 Lab Scheduled 52.50 Contact DHR Contact DHR 0 0 Contact Total 3.00 Contact Total 52.50 Non-contact DHR 0 Non-contact DHR 0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 52.50

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 32

#### **Catalog Description:**

Exercises for fitness with an emphasis on core strength, flexibility, posture, and muscle tone. Activities may include forms of aerobic exercise, resistance training, yoga, and pilates movements.

**Prerequisites/Corequisites:** 

**Recommended Preparation:** 

**Limits on Enrollment:** 

### **Schedule of Classes Information:**

Description: Exercises for fitness with an emphasis on core strength, flexibility, posture, and muscle tone. Activities may include forms of aerobic exercise, resistance training, yoga, and pilates movements. (Grade or P/NP) Prerequisites/Corequisites: Recommended: Limits on Enrollment:

# **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 the course the student will be able to:

- 1. Identify the core muscles
- 2. Demonstrate kinesthetic awareness, proper body alignment, core strength, and stability
- 3. Demonstrate coordination of breath with movement
- 4. Identify one or more fitness-related goals
- 5. Exercises to improve muscle tone
- 6. Exercises to increase cardiovascular endurance
- 7. Analyzing your personal fitness progress

8. Repeating students must demonstrate increased depth and breadth of related skills with new learning

### **Topics and Scope:**

- I. Introduction of movement mechanics
  - A. Posture
    - 1. Center of gravity
  - B. Body alignment in numerous positions
  - C. Low back considerations
    - 1. Basic anatomy/biomechanics of the back
    - 2. Neutral position and other preventive measures
- II. Fitness conditioning exercises
  - A. Cardiorespiratory endurance
    - 1. Training principles
    - 2. Aerobic movements
    - 3. Safety issues
      - a. Monitoring intensity
      - b. Movement mechanics
  - B. Muscular Toning
    - 1. Training concepts

- 2. Types of resistance equipment
- 3. Review major muscle groups
- 4. Safety issues and mechanics of movement
- C. Flexibility and Body Relaxation
  - 1. Training concepts
  - 2. Mechanics of movement
  - 3. Strategies for reducing stress and tension
- **III.** Physical Fitness
  - A. Definition
  - B. Relationship to health, wellness, and academic success
  - C. Lifelong fitness mindsets and habits
    - 1. Self motivation
    - 2. Scheduling fitness activities

IV. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

### Assignment:

- 1. Written personal fitness goals and objectives
- 2. 1-4 journal entries or written analysis of progress
- 3. Written personal fitness program
- 4. Practical demonstration of proper fitness technique and performance of fitness based exercises
- 5. 1-3 exams and/or quizzes

6. 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.

Written personal goals, journal entries, written personal fitness program

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

Written personal fitness program

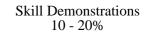
**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

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

Writing 5 - 20%	

Problem solving	
10 - 20%	



Quizzes, multiple choice, True/false

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

Participation and attendance

# **Representative Textbooks and Materials:**

Instructor prepared materials

Exams	
20 -	35%

Other Category 40 - 55%