KINES 82 Course Outline as of Fall 2015

CATALOG INFORMATION

Dept and Nbr: KINES 82 Title: EXERCISE ASSESS AND RX
Full Title: Exercise Assessment and Prescription
Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.50	17.5	Lecture Scheduled	43.75
Minimum	3.00	Lab Scheduled	1.50	5	Lab Scheduled	26.25
		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: 87.50 Total Student Learning Hours: 157.50

Title 5 Category:	AA Degree Applicable
Grading:	Grade Only
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

Catalog Description:
This course will cover assessment of physical fitness components and prescription of exercise programs for sport and fitness participants.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: This course will cover assessment of physical fitness components and prescription of exercise programs for sport and fitness participants. (Grade Only)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 or ESL 100
Limits on Enrollment:
Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**			Effective:	Inactive:
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2010	Inactive:	
UC Transfer:		Effective:		Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:
1. Assess one's health by completing a physical activity readiness questionnaire (PAR-Q), medical/health history, and lifestyle questionnaire.
2. Demonstrate the ability to administer baseline fitness assessments in each component of fitness and interpret the results.
3. Identify strategies, barriers, and methods of goal setting.
4. Design written exercise programs for various case studies.
5. Describe the principles and variables of training for a successful annual training plan.
6. Analyze the annual training plan for micro and macro cycles and skill development and recovery.

Topics and Scope:

I. Health Screening
   A. PAR-Q (physical activity readiness questionnaire)
   B. Lifestyle Inventory
   C. Medical/Health history
II. Baseline Fitness Assessment and Re-Assessment
   A. Submaximal and/or maximal cardiorespiratory endurance tests for weight bearing exercise and/or non weight bearing exercise.
   B. Musculoskeletal strength and endurance
   C. Flexibility
   D. Body composition
   E. Resting heart rate and blood pressure
   F. Skill related fitness
III. Test Interpretation
   A. Results from assessments
   B. Comparison with norm tables
   C. Individual guidelines
IV. Personal Goal Setting
   A. SMART (Specific, Measurable, Attainable, Realistic and Timely) goal setting
   B. Barriers to success

C. Strategies for success
V. Principles of Training
A. F.I.T.T. (Frequency Intensity Time Type) Principle
B. Progressive Overload
C. Specificity Principle
VI. Strategies for successful programs
A. Implementation strategies
B. Record keeping
VII. Variables of Training
A. Volume
B. Intensity
C. Density
D. Complexity
VIII. Rest and Recovery
A. Fatigue and overtraining
B. Recovery Theory
C. Recovery interventions and modalities
IX. Annual Training Plan (ATP)
A. Periodization for biomotor abilities, strength training, endurance, and speed
B. ATP phases and characteristics
C. Criteria for compiling an ATP
X. Peaking for competition: Peaking and Taper
XI. Training Cycles: Microcyles and Macrocycles
XII. Strength and Power Development
A. Biomotor abilities
B. Methods of strength training
C. Manipulation of training variables
XIII. Endurance Training
A. Factors affecting aerobic and anaerobic endurance performance
B. Methods of developing endurance
C. Methods of developing high intensity exercise endurance
XIV. Speed and Agility Training Program Design

Assignment:

1. Establish at least three semester goals.
2. Development of an individual exercise program
3. Client project- 2-4 case study prescription and assessment written reports
3. Creation and utilization of an exercise log/journal
4. Assigned textbook readings 20-30 pages per week
5. 2-4 Exams
6. 1-4 Quizzes
7. Field test administration

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 homework, Textbook Assignments, Case studies in exercise prescription and assessment, Written individual goals and exercise program, exercise journal/log	Writing 10 - 50%

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

None	Problem solving 0 - 0%

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

Field test administration, client projects	Skill Demonstrations 5 - 25%

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

Multiple choice, True/false, Essay	Exams 40 - 70%

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

Participation and Attendance	Other Category 5 - 15%

Representative Textbooks and Materials:
Periodization: Theory and Methodology of Training, 5th Edition by Tudor O. Bompa and G. Gregory Haff. Human Kinetics. 2009

Instructor Prepared materials