

**KINES 50 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: KINES 50 Title: TEACHING AIDE

Full Title: Teaching Aide

Last Reviewed: 3/27/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 105.00

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:**

Application of fitness instruction techniques for students seeking to complete the Fitness, Nutrition, and Health Certificate or Major. Students will assist faculty in areas of administration, classroom management, and practical application of fitness techniques and instruction. This course is a requirement for the Fitness, Nutrition and Health Certificate and Major.

**Prerequisites/Corequisites:**

Course Completion of KINES 83

**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Application of fitness instruction techniques for students seeking to complete the Fitness, Nutrition, and Health Certificate or Major. Students will assist faculty in areas of administration, classroom management, and practical application of fitness techniques and instruction. This course is a requirement for the Fitness, Nutrition and Health Certificate and Major. (Grade or P/NP)

Prerequisites/Corequisites: Course Completion of KINES 83

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:**

<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:	Spring 2011	Inactive:	Fall 2023
<b>UC Transfer:</b>		Effective:		Inactive:	

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the semester the student will be able to:

1. Identify and implement the components of a physical activity lesson plan based on clear objectives and learning outcomes.
2. Demonstrate communication skills pertaining to group and individual fitness instruction using appropriate cueing and terminology.
3. Demonstrate appropriate exercise selection, proper technique and safety in individual and group exercise instruction.
4. Demonstrate standard safety skills in selected activities.
5. Apply instructional methods, classroom management techniques, and administration organization, for a particular activity to teaching experiences in a practical setting.
6. Assess experience as a teaching aide.
7. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

### **Topics and Scope:**

Content will vary with the instructor and the activity class.

General topics include:

- I. Leading a physical activity class
  - A. Warm-ups
  - B. Cardiovascular and/or Muscular Fitness Exercises
  - C. Flexibility Exercises
- II. Lesson planning
- III. Classroom procedures and protocol
  - A. Administration
  - B. Classroom Management

- IV. Proper form, skills, and safety considerations for the activity
- V. Teaching methods appropriate for the discipline/activity
- VI. Appropriate corrections or feedback to students
- VII. Communication skills
- VIII. Assessment of teaching experience and student evaluations
- IX. Repeating students must demonstrate an increased depth and breadth of related skills, with new learning objectives.

### Assignment:

1. One to three lesson plans for specific physical fitness activity class.
2. Written report and evaluation of course objectives, personal experience and observations.
3. Attendance and Participation
4. Instruction of individual components of physical activity lesson plan.
5. Instruct full length physical activity class based on lesson plan.
6. Written assessment of teaching experience.
7. Repeating students must demonstrate an 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 report, assessment of teaching experience, and lesson plans

Writing  
20 - 40%

**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.

Fitness instruction demonstrations, instruct full length activity class

Skill Demonstrations  
20 - 40%

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

None

Exams  
0 - 0%

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

Attendance and participation

Other Category  
20 - 50%

**Representative Textbooks and Materials:**  
Instructor prepared materials