

CATALOG INFORMATION

Dept and Nbr: KFIT 15.1      Title: PERSONAL FIT ACTIVITIES  
Full Title: Personal Fitness Activities  
Last Reviewed: 8/28/2023

Units		Course Hours per Week		Nbr 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 purpose of this course is to provide students with an experience in personal program development and practice in all components of physical fitness including cardiovascular conditioning, muscular strength and endurance, flexibility, and body conditioning. Student must provide a Fitbit activity for course participation.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: The purpose of this course is to provide students with an experience in personal program development and practice in all components of physical fitness including cardiovascular conditioning, muscular strength and endurance, flexibility, and body conditioning. Student must provide a Fitbit activity for course participation. (Grade or P/NP)  
Prerequisites/Corequisites:

Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;UC.  
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:	Fall 2017	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2017	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. Develop and execute an individual fitness program based on goals, personal assessments, and proper exercise guidelines utilizing a Fitbit tracker.

### **Objectives:**

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

1. Demonstrate correct use of a fitbit tracker to track activity throughout the course.
2. Assess individual fitness level through at home fitness tests.
3. Calculate resting, target, training, and maximum heart rates and rate of perceived exertion (RPE).
4. Develop personal goals based on results of fitness tests.
5. Develop a personalized fitness program based on personal goals.
6. Demonstrate ability to regress and progress exercises.
7. Demonstrate proper exercise guidelines for safety and injury prevention.
8. Demonstrate basic components of a workout including a warm-up, cardio-respiratory endurance, muscular endurance, flexibility, and cool-down.
9. Record and report frequency, intensity, duration, and type of activities performed.
10. Define components of physical fitness.
11. Explain guidelines for healthy eating and weight management.

### **Topics and Scope:**

1. Proper use of Fitbit tracker
  - a. Device set-up
  - b. Using the device
  - c. Reporting measurements.

- d. Syncing Fitbit with personal devices and cloud technology
- e. Technical support
- 2. Physical Fitness Testing
  - a. Step Test
  - b. Push-up Test
  - c. Curl-up Test
  - d. Squat test
  - e. Sit and reach test
  - f. Vertical jump test
- 3. Heart rate and RPE calculations
  - a. Pulse palpation
  - b. 60-second, 30-second, and 10-second heart rate calculations at rest, during, and after exercising
  - c. Age-predicted maximum heart rate equation for estimating exercise heart rates (target, training, maximum)
  - d. Heart-rate reserve formula for estimating exercise heart rates (target, training, maximum)
  - e. RPE scale
  - f. Talk test
- 4. Personal goal development
  - a. Choosing a realistic goal
  - b. Specific Measurable Action-Based Realistic Time-Bound (SMART) goal format
  - c. Planning progressive weekly, monthly, and 3-month goals
  - d. Determining readiness to change
  - e. Identifying individualized motivation for a goal
  - f. Writing a goal contract
- 5. Personalized fitness program development
  - a. Applying fitness test results
  - b. Designing your exercise program
  - c. Specificity principle
  - d. Progressive overload principle
  - e. Frequency Intensity Time Type (FITT) principle
  - f. Recovery
  - g. Time management
  - h. Individual exercise preferences
- 6. Leveled exercise regressions and progressions
  - a. Regressions for cardiorespiratory, muscular endurance, and flexibility exercises
  - b. Progressions for cardiorespiratory, muscular endurance, and flexibility exercises
  - c. Determining level of exercise to select
- 7. Safety and injury prevention guidelines
  - a. Pre-participation health screening
  - b. Warning signs to stop exercising
  - c. Prevention and care of common exercise injuries
- 8. Components of a workout
  - a. Warm-up
  - b. Cardiorespiratory component
  - c. Muscular endurance component
  - d. Flexibility component
  - e. Cool-down
- 9. Recording and reporting workout activities
  - a. Using a workout log to record and report exercise activities
  - b. Using technology to record and report exercise activities
  - c. Reporting frequency, intensity, duration, type of cardiorespiratory exercises

- d. Reporting frequency, intensity, duration, type of muscular endurance exercises
  - e. Reporting frequency, intensity, duration, type of flexibility exercises
- 10.Components of physical fitness
- a. Cardiorespiratory endurance
  - b. Muscular endurance
  - c. Muscular strength
  - d. Flexibility
  - e. Body Composition
  - f. Neuromotor exercise
  - g. Activity-specific skills
- 11.Healthy eating guidelines
- a. USDA's MyPlate
  - b. Dietary Guidelines for Americans
  - c. Nutrition Facts Label
  - d. Macronutrients
  - e. Vitamins, minerals, and dietary supplements
  - f. Nutrition needs before, during, after exercise activities
- 12.Weight management guidelines
- a. Energy balance
  - b. Factors influencing body composition
  - c. The role of exercise in weight management
  - d. Weight management lifestyle
  - e. Weight loss strategies
  - f. Body image and disordered eating

### **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 testing and assessment (1-2 per semester)
- 2. Short term and long term goal setting (2 worksheets per semester)
- 3. Develop a personalized fitness program
- 4. Healthy eating and weight management plan (1-2 papers per semester)
- 5. Exercise journal (1 per week)
- 6. 1-3 exams/quizzes
- 7. Participation tracked by submitted Fitbit reports
- 8. Discussions on health related topics
- 9. Exercise Technique Demonstration Videos (2-4 per semester)

### **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 reports, personal fitness design, healthy eating plan, and journals
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Writing 10 - 40%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Fitness testing and assessment, target heart rate assignment

Problem solving  
5 - 15%

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

Exercise demonstration videos

Skill Demonstrations  
0 - 5%

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

Quizzes/Exams

Exams  
20 - 30%

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

Participation and attendance, goal setting worksheets, discussions, Fitbit Tracking

Other Category  
30 - 50%

**Representative Textbooks and Materials:**

Total Fitness & Wellness; The Mastering Health Edition (Brief 5th). Powers, Scott and Dodd, Stephen. Pearson: 2017

Fitbit activity tracker

Instructor prepared materials