

KFIT 4.1 Course Outline as of Fall 2018

CATALOG INFORMATION

Dept and Nbr: KFIT 4.1

Title: BODY MECHANICS

Full Title: Body Mechanics

Last Reviewed: 2/12/2024

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	5	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: 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:

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 1981	Inactive:
----------------------	--------------	------------	-----------	-----------

<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
---------------------	--------------	------------	-----------	-----------

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Create a personal fitness program based on current fitness level
2. Demonstrate improved posture, fitness level, and core strength
3. Establish personal fitness goals

### **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. Exercise to improve muscle tone
6. Exercise to increase cardiovascular endurance
7. Analyze personal fitness progress

### **Topics and Scope:**

#### **I. Introduction of Movement Mechanics**

- A. Posture: 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

### Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

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

### 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

Writing  
5 - 20%

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

Written personal fitness program

Problem solving  
10 - 20%

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

Class performances, Performance exams

Skill Demonstrations  
10 - 20%

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

Quizzes, multiple choice, True/false

Exams  
20 - 35%

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

Participation and attendance

Other Category  
40 - 55%

**Representative Textbooks and Materials:**

Fitness: Steps to Success. Naternicola, Nancy. Human Kinetics. 2015  
Instructor prepared materials