

KINES 50 Course Outline as of Fall 2023

CATALOG INFORMATION

Dept and Nbr: KINES 50

Title: TEACHING PRACTICUM

Full Title: Teaching Practicum

Last Reviewed: 3/27/2017

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	0	4	Lab Scheduled	0
		Contact DHR	4.50		Contact DHR	78.75
		Contact Total	4.50		Contact Total	78.75
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 78.75

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:**  
Practical application and supervised practice of lead instruction techniques for students seeking to complete the Fitness, Nutrition, and Health Certificate/Major or the 200-Hour Yoga Teacher Training Certificate. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: Practical application and supervised practice of lead instruction techniques for students seeking to complete the Fitness, Nutrition, and Health Certificate/Major or the 200-Hour Yoga Teacher Training Certificate. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction. (Grade Only)  
Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit:

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:
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<b>CSU Transfer:</b>	Effective:	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**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 written lesson plans for a course.
2. Instruct an entire class using appropriate communication, instructional methods, and skill.

**Objectives:**

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

1. Identify and implement the components of lesson plan based on format of class, clear objectives, and learning outcomes.
2. Demonstrate communication skills pertaining to group and individual instruction using appropriate cueing, terminology, and student feedback.
3. Demonstrate appropriate exercise or yoga asana selection, proper technique and safety in individual and group 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 and analyze personal experience and current areas of strengths and weaknesses as a lead instructor.

**Topics and Scope:**

Content will vary with the instructor and the format of the activity class.

General topics include:

- I. Lead instructing for a Full Class
- II. Assisting a Lead Instructor
- III. Lesson Planning and Class Organization
- IV. Classroom Procedures and Protocol
  - A. Administration

- B. Classroom Management
- V. Proper Form, Skills, Use of Equipment, and Safety Considerations for the Activity
- VI. Teaching Methods Appropriate for the Discipline/Activity
- VII. Appropriate Corrections or Feedback to Students
- VIII. Communication Skills
- IX. Assessment of Teaching Experience
  - A. Personal evaluation of strengths and weaknesses
  - B. Student evaluations and feedback

### Assignment:

1. One to three lesson plans for specific format of class
2. Written report and evaluation of course objectives, personal experience and observations
3. Attendance and Participation
4. Instruction of individual components of lesson plans
5. Instruct full length class based on lesson plan
6. Written assessment of teaching experience and self-evaluation

### 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, self-evaluation, and lesson plans

Writing  
10 - 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