

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 49 - Fit Mix**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU/UC

17 hours Lecture

34 hours Lab

In this course students will be introduced to the fundamental skills of fitness. The instruction will cover the five components of fitness including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. The focus of the class will be a mix of beginning exercise programs that will help improve these components of fitness through walking, jogging, interval training, strength bands, stability balls, core and stretching exercises.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. list and identify specific exercises that will develop the five components of fitness.
- B. demonstrate proper form and technique for specified fitness exercises.
- C. modify exercise programs and techniques to adapt to physical abilities.
- D. define safety rules and injury prevention techniques of fitness exercise.
- E. assess baseline fitness level for establishing safe exercise routines.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

##### Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation and Introduction	1.00
2. Safety and Injury Prevention	1.00
3. Exercise and How it Works	1.00
4. Value of Pre- and Post-Testing	0.50
5. Cardiovascular Fitness	3.00
6. Flexibility	3.00
7. Muscular Strength	3.00
8. Muscular Endurance	3.00
9. Body Composition	1.50
Total Hours	17.00

##### Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation and Introduction	1.00
2. Safety and Injury Prevention	1.00
3. Pre-Testing	2.00
4. Exercise and How It Works	2.00
5. Cardiovascular Fitness	6.00

6.	Flexibility	6.00
7.	Muscular Strength	6.00
8.	Muscular Endurance	6.00
9.	Post-Testing	2.00
10.	Body Composition	2.00
	Total Hours	34.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

#### **V. METHODS OF EVALUATION**

- A. Projects
- B. Demonstration
- C. Journal
- D. Class participation
- E. Written Assignments
- F. Written or Oral Examinations
- G. Practical Evaluations

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  1. Do an Internet search on fitness and exercise. Read the information on the site and be ready to share the information and demonstrate exercises specific to how to improve your flexibility.
  2. Read an article on the health benefits of exercise and be ready to share this information in small group discussions.
- B. Writing Assignments
  1. Write a two page essay answering the following questions about your fitness: Which of the key aspects of physical fitness do you currently possess? Which ones would you like to improve or develop? What types of activities will you commit to do to improve your fitness level?
  2. Based upon the flexibility component of fitness, write a one page essay answering the following questions: Why is it so important to have good flexibility throughout life? What are some situations where improved flexibility would help you perform daily activities with less effort? What specific actions will you take to improve your flexibility?
- C. Out-of-Class Assignments
  1. Take a tour of a local fitness club and observe the various exercises being used to improve the muscular strength and cardiovascular components of fitness. Be prepared to present your findings to the class.
  2. Choose a component of fitness that you will commit to perform daily exercises to improve your level of fitness. Keep a daily journal for three weeks documenting your progress.

#### **VII. RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

A. Muelrath, Lani. Fit Quickies: 5-Minute, Targeted Body-Shaping Workouts. 1st Edition.  
ALPHA, 2013.

Materials Other Than Textbooks:

- A. Athletic Apparel
- B. Athletic Shoes

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