

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 51 - Butte Fitness and Wellness Center

0.5 - 1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

25.5 - 76.5 hours Lab

This course provides each student with an individualized fitness program. A flexible workout schedule supports each student's academic coursework. The fitness center encourages participation at the student's level of fitness and allows for gradual progress toward a lifetime commitment to fitness and wellness. Students may enroll in this course up to 1.5 unit(s) to complete the entire curriculum of the course. Pass/No Pass Only. Open Entry/Open Exit.

II. OBJECTIVES

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

- A. demonstrate and assess the safe use of all equipment.
- B. explain the importance of monitoring blood pressure.
- C. calibrate and identify a target heart rate.
- D. identify and describe the five components of physical fitness.
- E. design a personal fitness program that incorporates the five components of physical fitness.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

	Lab	
<u>Topics</u>		<u>Hours</u>
1. Orientation		1.00 - 3.00
2. Fitness Pre Test		1.00 - 3.00
3. Personal Fitness Evaluation		1.00 - 3.00
4. Individualized Workouts		17.50 - 52.50
5. Anatomical Terminology & Fitness Guide		4.00 - 12.00
6. Fitness Post Test		1.00 - 3.00
Total Hours		25.5 - 76.5

IV. METHODS OF INSTRUCTION

- A. Instructor Demonstrations
- B. Demonstrations
- C. Multimedia Presentations
- D. One-on-one Personal Fitness Evaluations
- E. Anatomical Terminology & Fitness Guide

V. METHODS OF EVALUATION

- A. Class participation
- B. Written or Oral Examinations
- C. Practical Evaluations

- D. Short papers
- E. Pre and post fitness testing on six parameters:
 - 1. Blood pressure
 - 2. Resting heart rate
 - 3. Muscular endurance
 - 4. Cardiovascular fitness
 - 5. Flexibility

VI. EXAMPLES OF ASSIGNMENTS

A. Reading Assignments

- 1. Read the literature on creatine and describe the pros and cons associated with this supplement.
- 2. Read an article on cardiovascular fitness. Be prepared to discuss your reading with the instructor.

B. Writing Assignments

- 1. Maintain a journal documenting progression in your personal fitness growth.
- 2. Locate and read an article about current trends in the fitness world. Write a one-page summary of the article.

C. Out-of-Class Assignments

- 1. Not applicable

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Materials Other Than Textbooks:

- A. a. Athletic Apparel b. Athletic Shoes
- B. Student Handbook--"Butte Fitness & Wellness Center Manual"
- C. Orientation - Video Presentation

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