

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 31 - Quickfits

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course introduces students to effective body shaping strategies that can be completed in short intervals. These exercises are designed for individuals with a busy lifestyle and can be performed with simple equipment. Students will learn proper body position and alignment, exercises that isolate and overload targeted muscle groups, and compound muscle movements.

II. OBJECTIVES

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

- A. identify exercise guidelines for healthy adults.
- B. recognize and demonstrate proper body positioning and alignment during exercise.
- C. identify the benefits of resistance training and cardiovascular training.
- D. analyze the risks of sedentarism and the benefits of an active lifestyle.
- E. devise a physical activity plan to fit a busy schedule

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation and Introduction	1.00
2. Fitness Self-Assessments and Goals	1.00
3. Exercise Guidelines for Healthy Adults	1.00
4. Quickfits Exercises	2.00
5. Biomechanical importance and details of each Quickfits Exercise: Position, Alignment, Isolation, and Repetitions (PAIR)	4.00
6. The Damaging Physiological Effects of Sedentary Behavior and the Health Value of 5 Minute Fitness Breaks	1.00
7. Quickfits Workout Sequences	3.00
8. Exercise Modifications and Techniques for Personal Limitations	1.00
9. Common Exercise Errors and their Corrections	2.00
10. Exercise Motivation	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation and Introduction	1.00
2. Fitness Self-Assessments and Goals	2.00
3. Quickfits Exercises	6.00

4. Implementation and Practice of the PAIR Exercises	10.00
5. Quickfits Workout Sequences	7.00
6. Modifications and Techniques for Personal Limitations	5.00
7. Common Exercise Errors and their Corrections	3.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

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

V. METHODS OF EVALUATION

- A. Class participation
- B. Written Assignments
- C. Written or Oral Examinations
- D. Practical Evaluations
- E. Class Discussion
- F. Activity Journals

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 1. Read the detailed instructions for setup and execution of Quickfits exercise #1 and demonstrate proficiency. Be prepared to discuss the importance of correct anatomical alignment during exercise.
 2. Read the chapter in the book that gives the guidelines for exercise for healthy adults and interpret for practical application. Be prepared to discuss in class the application of these guidelines to daily activity.
- B. Writing Assignments
 1. Write a two page essay describing the exercise guidelines for healthy adults with specificity to the four basic modalities and recommended weekly practice.
 2. Write a two page essay defining sedentarism and explain the damaging effects of sedentarism upon human health in terms of disease risk biomarkers.
- C. Out-of-Class Assignments
 1. Practice incorporating short segments of activity into your day. Be prepared to discuss your experience in class.
 2. Create an exercise sequence for a total body workout utilizing Quickfits exercises. Share your sequence in class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Whyte, Greg. Fit in 5: 5, 10, & 30 Minute Workouts for a Leaner, Stronger Body. 1st Edition. Human Kinetics, 2009.
- B. Muelrath, L. Fit Quickies: 5 Minute, Targeted Body-Shaping Workouts. Alpha Books (Penguin), 2013.

Materials Other Than Textbooks:

- A. Athletic apparel

- B. Large physioball or its equivalent
- C. Belt or strap for stretching

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