

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 6 - Sports Fitness and Nutrition

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: Reading Level IV; English Level III

Transfer Status: CSU

51 hours Lecture

This course examines essential principles of a proper exercise and diet program needed to maintain healthy sports fitness and nutrition levels. Students will study athletic performance, exercise recovery, food quality, general health, motivation, energy transfer, and the relationship between nutrition and performance.

II. OBJECTIVES

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

- A. explain the role of nutrition in exercise and sports.
- B. identify and discuss various techniques for motivation and focus.
- C. describe how nutrients function and how energy is transferred from food to body.
- D. identify the differences between carbohydrates, fats, and proteins.
- E. describe their personal philosophy of wellness as a lifestyle.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

		Lecture
<u>Topics</u>		<u>Hours</u>
1. Introduction		1.00
2. Careers in Fitness and Nutrition		3.00
3. Basic Nutrition		6.00
4. Energy Systems		6.00
5. Conditioning Process		5.00
6. Circulation and Respiration		7.00
7. Exercising Environments		5.00
8. Sport Specific Nutritional Needs		4.00
9. Exercise Program Planning		8.00
10. Psychology of Fitness		6.00
Total Hours		51.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Collaborative Group Work
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Reading Assignments

G. Multimedia Presentations

V. **METHODS OF EVALUATION**

- A. Projects
- B. Demonstration
- C. Homework
- D. Class participation
- E. Written Assignments
- F. Written or Oral Examinations

VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
 - 1. Read an article describing the differences between carbohydrates, fats, and proteins. Be prepared to discuss in small groups.
 - 2. Research strategies on how to stay motivated and focused with a diet and exercise regime. Plan to share your findings with the class.
- B. Writing Assignments
 - 1. Write a brief essay describing how nutrients work and how energy is transferred from food to the body.
 - 2. Write a paper explaining the role of nutrition and hydration in exercise and sports.
- C. Out-of-Class Assignments
 - 1. Write an individual nutritional plan that spans a six week cycle. Please address sport specific nutritional needs.
 - 2. Perform a portion (minimum of 2 weeks) of your individual nutritional plan and maintain a journal documenting changes in body composition and performance.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. McArdle & Katch . Sports and Exercise Nutrition. 3rd Edition. -Lippincott Williams & Wilkins, 2008.

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