

Las Positas College
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Course Outline for KIN 4

PERSONAL FITNESS

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN 4 — PERSONAL FITNESS — 1.00 units

An independent, self paced, personal activity program planned and implemented in conjunction with student goals. Based on goals and results of a fitness assessment and health risk appraisal, an individualized program is developed through personal counseling. Programs can include a physical assessment profile, a health risk appraisal, an individualized exercise/activity program, nutrition counseling, health/wellness education, and behavior modification. The student is required to meet with the instructor on campus at the beginning and end of the semester.

0.50 Units Lecture 0.50 Units Lab

Grading Methods:

Discipline:

| | MIN |
|-----------------------|------------|
| Lecture Hours: | 9.00 |
| Lab Hours: | 27.00 |
| Total Hours: | 36.00 |

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Understand and interpret the results of a physical fitness assessment and health risk appraisal;
- B. Establish an activity program based on assessment results and individual goals;
- C. Complete a log of activity;
- D. Evaluate a course of training by comparing pre and post assessments;
- E. Define the components of fitness for use in developing fitness programs;
- F. Discuss the benefits of maintaining a regular activity program;
- G. Evaluate healthy eating in terms of nutrients required and food sources;
- H. Identify appropriate lifestyle modification techniques;

V. CONTENT:

- A. Orientation to course
- B. Health Risk Appraisal including evaluation of risk for:
 - 1. Heart Disease
 - 2. Cancer
 - 3. Diabetes
 - 4. Stress
 - 5. Depression
 - 6. Nutrition habits
 - 7. Health Care Prevention
 - 8. Safety Habits
- C. Physical Fitness Assessment including:
 - 1. Resting Heart Rate
 - 2. Resting Blood Pressure
 - 3. Cardiorespiratory endurance
 - 4. Muscular strength
 - 5. Muscular endurance
 - 6. Flexibility
 - 7. Body Composition
- D. Evaluation and Interpretation of Health Risk Appraisal
 - 1. Appropriate lifestyle modifications
- E. Evaluation and Interpretation of Physical Fitness Assessment
- F. Self-evaluation of goals for the course in conjunction with instructor
- G. Exercise Program Design
 - 1. Development of exercise program based on
 - a. assessment results

- b. student goals
 - c. student preferences
 - d. available time/time required for course
 - e. health risk factors
 - f. components of fitness
- H. Exercise log
 - 1. Daily log
 - 2. Nutritional diary and nutrient evaluation
- I. Behavior modification log and exercises
- J. Referral to Student Health Center, when appropriate

VI. METHODS OF INSTRUCTION:

- A. One on one counseling
- B. **Demonstration** -
- C. Lecture/presentations and assignments
- D. Audio/visual presentations
- E. Self paced individualized projects

VII. TYPICAL ASSIGNMENTS:

- A. Participate in individualized fitness program
- B. Demonstration of correct exercise technique
- C. Completion of exercise log and nutrition log
- D. Reading of assigned handouts

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Other:
 - a. Methods
 - 1. Completion of pre and post fitness assessment
 - 2. Improvement in fitness assessment
 - 3. Completion of exercise log and nutrition log
 - 4. Completion of assigned handouts

B. **Frequency**

- 1. Frequency
 - a. Pre assessment at beginning of class
 - b. Post assessment at end of class
 - c. Weekly activities and participation in exercise program

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Blood panel from LPC Student Health Center (optional)