

Las Positas College  
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## Course Outline for KIN FC

### FITNESS CENTER

Effective: Spring 2019

#### I. CATALOG DESCRIPTION:

KIN FC — FITNESS CENTER — 0.50 - 2.00 units

Students will be presented instruction on how to development and maintain the components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition. Students will learn how to design an individualized exercise program based on sound training principles and personal goals.

0.50 - 2.00 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Physical Education

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

- Articulate personal fitness goals
- Describe the components of fitness
- Design a safe and effective exercise program based on sound training principles and individual goals
- Participate in a fitness program to maintain and/or improve personal fitness level
- Demonstrate proper operation procedures for various cardio and fitness equipment
- Identify techniques to measure level of exercise intensity
- Discuss the importance of warm-ups and cool-downs
- Exhibit proper fitness center etiquette

#### V. CONTENT:

- Orientation to Fitness Center
  - Course requirements
  - Log-in procedures
  - Layout of Fitness Center and orientation to fitness equipment
  - Fitness Center etiquette
- Goal setting
  - How to set realistic, obtainable, measurable fitness related goals
- Benefits of exercise
- Designing an exercise program
  - Warm-up
  - Cardiorespiratory warm-up
  - Cardiorespiratory endurance
  - Muscular endurance
  - Muscular Strength
  - Flexibility and range of motion
- Body Composition
  - Techniques for measurement
  - Interpretation of results and percent body fat
- Selection, proper set-up and operation of various pieces of fitness equipment
- Biomechanics, posture, and form for proper execution of various exercises
- Cardiovascular machines and exercises to improve and/or maintain cardiorespiratory endurance
  - Strength machines, benches, and weights to improve and/or maintain muscular strength and muscular endurance
- Closed chain exercises to improve and/or maintain muscular strength and muscular endurance
- Elementary human anatomy/physiology related to physical fitness
  - Major muscles groups
  - Warm-up
  - Cool-down

- 4. Heart rate
- L. The "FITT" principle and ACSM guidelines for exercise program design
  - 1. Frequency
    - a. Cardiorespiratory endurance
    - b. Muscular strength and endurance
    - c. Flexibility
  - 2. Intensity
    - a. Measurement
    - b. Resting heart rate, target heart rate
    - c. Ratings of perceived exertion
    - d. Borg scale
    - e. Modification
      - 1. How to modify cardiorespiratory intensity
      - 2. How to modify strength training intensity
      - 3. Repetitions
      - 4. Sets
  - 3. Time
    - a. Duration of exercise
  - 4. Type
    - a. Modes of exercise to improve each of the components of fitness
- M. Record-keeping, training logs, charting progress
- N. Active participation in an exercise program
- O. Discussion of wellness topics related to a healthy lifestyle

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. **Classroom Activity** -
- D. Online

#### VII. TYPICAL ASSIGNMENTS:

- A. Lecture/Discussion
  - 1. The "FITT" principle and how to apply it to design or progression of an exercise program
- B. Writing
  - 1. Utilizing the "FITT" principle, design an exercise program to improve and/or maintain your fitness level.
- C. Demonstration
  - 1. Demonstrate proper/correct technique for each exercise listed on your exercise program design.
  - 2. Identify the location of the biceps muscles and list one strength training exercise to target this area.

#### VIII. EVALUATION:

##### **Methods/Frequency**

- A. Exams/Tests
  - two per semester
- B. Quizzes
  - 2-5 per semester
- C. Class Participation
  - assessed daily

#### IX. TYPICAL TEXTS:

- 1. Brown, Lee. *Strength Training Online CE Course*. 2nd ed., Human Kinetics, 2017.
- 2. Gibson, Ann, Dale Wagner, and Vivian Heyward. *Advanced Fitness Assessment and Exercise Prescription*. 8th ed., Human Kinetics, 2018.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS: