

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN FD

FITNESS DEVELOPMENT

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN FD — FITNESS DEVELOPMENT — 0.50 - 2.00 units

Introduction to the components of fitness development. Students will be presented instruction on how to maintain and development the components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility and balance.

0.50 - 2.00 Units Lab

Grading Methods:

Pass/No Pass

Discipline:

Family: Kinesiology Fitness Center

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

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. Demonstrate knowledge of elementary human anatomy and physiology as related to fitness;
- B. Plan and participate in a fitness development program to maintain and/or improve personal fitness;
- C. Demonstrate proper operation procedures for various cardio and fitness equipment;
- D. Identify resting, training, and maximum heart rates;
- E. Understand the importance of warm-ups and downs;
- F. Experience exercise programs for flexibility, strength, endurance, and cardiovascular development.
- G. Demonstrate awareness of elementary wellness practices: healthy nutrition, stress coping, exercise, rest;
- H. Exercise safely and wisely;

V. CONTENT:

- A. Elementary human anatomy/physiological concepts related to physical fitness maintenance and development
 1. Major muscle groups
 2. Heart rate and blood pressure
- B. The benefits of exercise and how they relate to a healthy lifestyle
 1. Benefits of cardiovascular endurance
 2. Benefits of muscular strength and muscular endurance
 3. Benefits of flexibility
 4. How body weight and body composition relate to risk of disease
- C. Selection, use, and safety procedures related to operating physical fitness equipment and machines.
- D. Proper fitness center etiquette
- E. Proper exercise technique to insure safety and comfort level of all participants
- F. Exercise programs to development flexibility, strength, endurance, balance and skills used in fitness.
- G. Planning, record keeping, training, mental aspects related to exercise programs.
- H. Safety awareness and potential dangers associated with exercising.
 - I. Regular participation in an exercise program.
- J. Discussion on wellness issues related to healthier lifestyles.

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- C. Group and team discussions concerning components of fitness;
- D. Use of audio visual and intranet educational programs;
- E. Student participation in individual and class workouts;
- F. Individual, small group, and entire class drills and activities to enhance student training and performance; (e.g. mile run, timed sit up test, etc.)

VII. TYPICAL ASSIGNMENTS:

A. Lecture/Demonstration 1. The "FITT" principle and how to apply it to design or progression of an exercise program. B. Skill Building Exercise 1. Closed chain activities that utilize body weight and gravity for resistance 1. Class is instructed on the three types of exercises (push-ups, sit-ups, squat jumps) 2. Class performs exercises for 30 seconds with 15 seconds rest in between. 3. Class progresses second and third set. 4. Students keep count of number of push-ups, sit-ups, and squat jumps 5. Students are allowed time to recover from workout. C. Skill Building Exercise 1. Students participate in warm-up period and stretch prior to workout.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Class Participation
3. Other:
 - a. Methods
 1. Student participation
 - a. Participation is evaluated daily
 2. Written Exams on anatomy & commons terms used in fitness development.
 - a. What is a set?
 - b. What is a rep?
 - c. What does atrophy mean?
 3. Periodic test to evaluate students improvement in fitness development.

B. **Frequency**

1. Frequency of Evaluation
 - a. Final exam via written and physical skills tests;
 - b. Daily evaluation of student's progress/ participation level by instructor;
 - c. Student's self-evaluation.

IX. TYPICAL TEXTS:

1. Handouts and websites are presented throughout the course.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will have to provide their own clothing, foot apparel, and nutrients for class participation