

Las Positas College
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Course Outline for KIN SCF

STEP CARDIO FITNESS

Effective: Spring 2015

I. CATALOG DESCRIPTION:

KIN SCF — STEP CARDIO FITNESS — 1.00 - 2.00 units

A high energy aerobic class utilizing a step platform for variety of movements and intensity. Students will use equipment including the step, hand weights, tubing and mats to improve all components of fitness (cardiovascular endurance, muscular strength and endurance, flexibility and body composition) through correct and safe application of sound exercise principles.

1.00 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	54.00	108.00
Total Hours:	54.00	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:

- A. Understand the components of fitness and their importance to a healthy lifestyle;
- B. Understand the benefits of exercise and its importance to a healthy lifestyle;
- C. Attend and participate at the scheduled class time;
- D. Understand safe and effective class format;
- E. Understand and demonstrate correct step aerobic training technique;
- F. Improve cardiovascular strength, muscular endurance, flexibility and body composition measurements;
- G. Understand how to measure exercise intensity through target heart rate and rate of perceived exertion;
- H. Demonstrate and perform safe and efficient step training technique;
- I. Participate in class group discussions and presentations regarding healthy lifestyle behavior.

V. CONTENT:

- A. Components of Fitness and their importance to a healthy lifestyle
 1. Cardiovascular Endurance
 2. Muscular strength and endurance
 3. Flexibility
 4. Body Composition
- B. Benefits of Exercise and its importance to a healthy lifestyle
 1. Benefits of Cardiovascular Endurance
 2. Benefits of Muscular strength and endurance
 3. Benefits of Flexibility
 4. Benefits of a healthy body composition
 5. Ideal Frequency, Intensity and Time of each component
- C. Safe and effective class format
 1. Proper warm up and cool down
 2. Maintain target heart rate zone and individual pacing of effort level
 3. Flexibility exercises performed after initial warm up and at end of class
 4. Circuit training and interval training principles
- D. Proper Step Training technique
 1. Step height and set up
 2. Foot placement on the step
 3. Posture and alignment
 4. Step terminology
- E. Healthy Lifestyle Behavior as appropriate
 1. Smoking Cessation
 2. Stress Management
 3. Time Management
 4. Proper Nutrition and Hydration
 5. Exercise

6. Proper rest
- F. Daily Workouts incorporating all the components of fitness
 1. Warm up and stretching exercises
 2. Cardiovascular segment lasting at least 20 minutes
 3. Muscular Strength and Endurance exercises
 4. Cool Down and stretching exercises
 5. Relaxation and Meditation

VI. METHODS OF INSTRUCTION:

- A. Lecture and Verbal explanation
- B. Visual and Physical Demonstration
- C. Handouts
- D. Individual, small group and entire class drills and activities
- E. Class Discussions
- F. Practice of technique with student participation

VII. TYPICAL ASSIGNMENTS:

- A. Calculate Ten Second Target Heart Rate Zone 1. Students are given a handout with a formula to calculate a ten second target heart rate zone after finding their resting heart rate. B. Students perform a block of step choreography with the class
1. 2 Charllestons
 2. Around the World
 3. 3 Knee Repeater
 4. Repeat block other lead leg

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Other:
 - a. Methods
 1. Student participation
 - a. Effort demonstrated
 2. Participation is evaluated dailyPerformance of proper technique
 - a. proper foot placement and posture
 - b. proper alignment of knees and feet during a repeater move

B. **Frequency**

1. Frequency
 - a. Daily evaluation of student's progress/participation level by instructor

IX. TYPICAL TEXTS:

1. Handouts are presented throughout the course.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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