

Las Positas College
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Course Outline for KIN FC

FITNESS CENTER

Effective: Spring 2008

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:

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

V. CONTENT:

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

3. 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. **Discussion** -
- C. **Demonstration** -
- D. Participatory exercises 1. documented participation in at least 54 hours of physical activity
- E. Internet "web field trips" to educational websites
- F. Student participation in individual and class activities
- G. Individual, small group, and whole class activities

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:

- A. **Methods**
 1. Exams/Tests
 2. Quizzes
 3. Class Participation
 4. Other:
 - a. Methods
 1. Active participation in an exercise program
 2. Written assignments and assessments on content
 3. Physical fitness assessments
 4. Student's self evaluation of progress
- B. **Frequency**
 1. Frequency
 - a. Participation is evaluated daily
 - b. Periodic assignments and assessments
 - c. A minimum of one written quiz/exam

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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