

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

## Course Outline for KIN FFL

### FIFTY PLUS-FIT FOR LIFE

Effective: Summer 2008

#### I. CATALOG DESCRIPTION:

KIN FFL — FIFTY PLUS-FIT FOR LIFE — 0.50 - 2.00 units

Using elements of dance, low-impact aerobics, and exercises for strength and flexibility, this course is designed to increase and maintain stamina and the overall fitness level in the mature adult. This course is designed for beginning students with emphasis placed on stretches and self-help exercises such as warm-up and cool down for aerobics and strengthening.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<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: 4

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

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate increased flexibility, stamina, coordination, and strength;
- B. Demonstrate a variety of exercises for maintaining overall fitness;
- C. Express a greater sense of well-being and confidence in movement.

#### V. CONTENT:

- A. Chair and/or mat stretching for increased joint flexibility
- B. Balance exercises
- C. Dance and low-impact aerobic routines to build stamina and coordination
- D. Power walking for endurance
- E. Strengthening exercises including use of low weights and/or dynabands
- F. Self-help exercises for on-going improvement
- G. Guided relaxation for integration and overall well-being

#### VI. METHODS OF INSTRUCTION:

- A. Class repetition
- B. Verbal explanation accompanied by demonstration
- C. Instruction given to the whole class with individual assistance given when necessary

#### VII. TYPICAL ASSIGNMENTS:

A. Practice proper form in walking and outside activities. B. Practice self-help exercises. C. Perform a self-assessment at close of session.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Other:
  - a. Participation
  - b. Individual consultation as needed
  - c. Final Exam

##### B. **Frequency**

#### IX. TYPICAL TEXTS:

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

- A. Appropriate exercise attire and shoes

B. 1 – 2 lb. hand weights for more advanced levels