

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

## Course Outline for KIN GBW

### GUTS AND BUTTS WORKOUT

Effective: Summer 2008

#### I. CATALOG DESCRIPTION:

KIN GBW — GUTS AND BUTTS WORKOUT — 0.50 - 2.00 units

Reduce, shape, tone and strengthen the abdominal region, the buttocks and thighs through a series of exercises. This course will focus on improving muscle strength and endurance for the abdominals, gluteals, quadriceps, and hamstrings. Emphasis will be on functional development of muscle strength and endurance and core stability.

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. Regularly participate in the activities of this fitness class;
- B. Know his/her exercise Target Heart Rate;
- C. Describe safe and effective class format;
- D. Demonstrate correct technique for lunges, squats, abdominal training and other exercises;
- E. List and describe the components of fitness;
- F. Measure/assess exercise intensity through several techniques including target heart rate and rating of perceived exertion;
- G. Be able to modify his/her exercise intensity as appropriate;
- H. Complete all assignments in a professional and timely manner;
- I. Improve his/her fitness level;
- J. Describe the benefits of exercise and its importance to a healthy lifestyle;

#### V. CONTENT:

- A. 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. Interval training principles
  - 5. Overload principle
  - 6. Progression
- B. Measuring Resting Heart Rate
  - 1. Location of pulse, how to measure
  - 2. Factors effecting heart rate
- C. Measuring Exercise Heart Rate
  - 1. Target Heart Rate Zone
  - 2. Karvonen Formula
- D. Techniques to assess exercise intensity
  - 1. Target Heart Rate Zone
  - 2. Ratings of Perceived Exertion (RPE)
  - 3. "Talk Test"
- E. How to modify exercise intensity
  - 1. Importance of working at one's own pace
- F. How to modify impact levels
  - 1. High and low impact variations
- G. Proper technique
  - 1. Lunges
  - 2. Squats
  - 3. Core stabilization
  - 4. Bridges
  - 5. Abdominal exercises

- H. Progressive application of the Overload Principle for improved fitness
- I. Components of Fitness and their importance to a healthy lifestyle
  - 1. Cardiovascular endurance
  - 2. Muscular strength and endurance
  - 3. Flexibility
  - 4. Body composition
- J. 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, Time and Type (FITT) of each component
- K. Healthy Lifestyle Behaviors and Health History as applicable to this fitness class
  - 1. Musculoskeletal issues
  - 2. Heart/breathing concerns
  - 3. Smoking cessation / refrain from smoking prior to class
  - 4. Proper nutrition and hydration
  - 5. Proper rest

#### 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 progression of lower body exercises with the class 1. Stationary lunges 2. Reverse lunges 3. Forward lunges 4. Forward lunge with glut lift 5. Forward lung with medicine ball rotation 6. Repeat progression with other lead leg

#### VIII. EVALUATION:

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

- 1. Class Participation
- 2. Class Performance
- 3. Other:
  - a. Methods
    - 1. Student participation
      - a. Effort demonstrated
      - b. Participation is evaluated daily
    - 2. Performance of proper technique
      - a. proper foot placement and posture
      - b. proper alignment of knees and feet during a repeater move
    - 3. Completion of assignments/handouts in a timely manner
      - a. For Example: Target Heart Rate Zone calculation

##### 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, towel and water bottle for class participation.