

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 2019

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:

Letter or P/NP

Discipline:

- Physical Education

	<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: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Plan and participate in a fitness development program to maintain and/or improve personal fitness
- Demonstrate proper operation procedures for various cardio and fitness equipment
- Identify resting, training, and maximum heart rates
- Explain the importance of warm-ups and downs
- Experience exercise programs for flexibility, strength, endurance, and cardiovascular development
- Demonstrate awareness of elementary wellness practices: healthy nutrition, stress coping, exercise, and rest

V. CONTENT:

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

VI. METHODS OF INSTRUCTION:

- Lecture** -
- Demonstration** -
- Classroom Activity** -

VII. TYPICAL ASSIGNMENTS:

- Lecture/Demonstration
 - The "FITT" principle and how to apply it to design or progression of an exercise program.
- How to check you heart rate
 - Resting
 - Maximum
 - Active

C. Active Participation in Exercise Program

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
twice per semester
- B. Quizzes
2-5 per semester
- C. Class Participation
daily

IX. TYPICAL TEXTS:

1. Gibson, Ann, Dale Wagner, and Vivian Heyward. *Advanced Fitness Assessment and Exercise Prescription*. 8th ed., Human Kinetics, 2018.
2. Brown, Lee. *Strength Training Online CE Course*. 2nd ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS: