

Las Positas College  
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## Course Outline for KIN AFG

### AEROBIC FITNESS GYM

Effective: Spring 2019

#### I. CATALOG DESCRIPTION:

KIN AFG — AEROBIC FITNESS GYM — 1.00 - 2.00 units

The Aerobic Fitness Gym course will present and implement the fundamental principles of Cardio/Aerobic Fitness training. Methods of assessing and monitoring aerobic intensity will be discussed and documented in class. The health and fitness benefits of cardio/aerobic conditioning will be presented. A variety of aerobic gym equipment will be used to achieve cardiopulmonary fitness and healthy body composition.

1.00 - 2.00 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Physical Education

Family: Kinesiology Aerobics

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

- Demonstrate proper use of aerobic equipment.
- Calculate Aerobic Training Zone utilizing the Karvonen Formula.
- Identify the physical, observational, and social/emotional benefits of aerobic training.
- Perform methods of aerobic assessment to determine a fitness baseline and progressive overload for improvement.

#### V. CONTENT:

- Fundamental Principles of Cardio/Aerobic endurance conditioning
  - intensity, frequency, duration
  - heart rate & pulmonary rate
- Demonstration & Instruction on the use of Aerobic equipment in gym, which will include safety issues.
  - equipment available: Treadmills, recumbent bicycles, stair climbers, aerobic ladders, & ellipticals.
- Monitoring Methods of Aerobic Activity:
  - Karvonen Formula - heart rate intensity
  - vocal assessment
  - perceived exertion scale
- The Health and Fitness benefits: (this list is not all inclusive)
  - prevention/management of cardiopulmonary disease and improved cardio function
  - body composition and body weight management
  - elevation of liver metabolism and HDL cholesterol
  - elevation of beta endorphins resulting in decrease in depression and mental stress
- Evaluation of Cardio Physical Fitness and Aerobic capacity/functioning
  - 3 minute step test
  - 1 mile walk test
  - 9 minute treadmill assessment (Mets measured)

#### VI. METHODS OF INSTRUCTION:

- Demonstration** - Demonstrate exercises and techniques
- Lecture** - Explain exercises and techniques
- Critique** - Critique exercises and techniques

#### VII. TYPICAL ASSIGNMENTS:

- Active class participation
- Demonstration of proper exercise technique

VIII. EVALUATION:

**Methods/Frequency**

- A. Class Participation  
Daily

IX. TYPICAL TEXTS:

1. Vanderburg, Helen. *Fusion Workouts Online CE Course*. 1st ed., Human Kinetics, 2017.
2. Brown, Lee. *Strength Training Online CE Course*. 2nd ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will be required to dress in appropriate active attire & proper footwear