Las Positas College
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Course Outline for KIN BC2

BOOT CAMP FOR AEROBIC CONDITIONING

Effective: Spring 2015

I. CATALOG DESCRIPTION:
KIN BC2 — BOOT CAMP FOR AEROBIC CONDITIONING — 1.00 - 2.00 units

Improve aerobic capacity, muscle endurance and cardiorespiratory fitness through a variety of drills and military style movements. Functional training delivered in an intense environment.

1.00 - 2.00 Units Lab

Grading Methods:
Letter or P/NP

Discipline:

Family: Kinesiology Boot Camp

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	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:

A. Specify the physiological processes (i.e. the body's responses) that occur when a person undergoes aerobic exercise.
B. Identify training methods used to enhance aerobic fitness.
C. Perform measurable aerobic fitness tests
D. Recite current research findings which illustrate the benefite of earobic exercise

V. CONTENT:
A. How aerobic activity utilizes
    1. Glycogen in the muscles,
    2. Liver glycogen into glucose, (to working muscle through the bloodstream)
    3. Absorption of glucose from food in the intestine (to working muscle through the bloodstream).
B. Methods/Techniques of aerobic training
    1. circuit training, fartlek training, interval training, cross training with boot camp exercises
    2. Warm-up/cool down for aerobic exercises
C. Target aerobic training zones and aerobic thresholds.
    1. How to calculate using hart rate, and
    2. Multi Stage Fitness Test
D. Benefits of aerobic exercise for
    1. Heart, lungs,
    2. metabolic function, &
    3. psychological factors

VI. METHODS OF INSTRUCTION:
A. **Audio-visual Activity** -
B. **Classroom Activity** -
C. Student Participation in class workouts
D. **Demonstration** -
E. **Lecture** -

VII. TYPICAL ASSIGNMENTS:
A. Follow instructor through aerobic conditioning drills
B. Demonstrate knowledge of how the body responds to aerobic conditioning
C. Recite current research findings in the field of aerobic conditioning and apply to a sport/activity of students' choice
D. Design a six-week training program to prepare an athlete who participates in an aerobic sport/event

VIII. EVALUATION:

A. **Methods**

1. Research Projects
2. Papers
3. Projects
4. Class Participation
5. Class Performance
6. Other:
    a. Student participation in aerobic activities
    b. Perform Multi-stage fitness test
    c. Ability to calculate target aerobic training zones and thresholds of training
    d. Project to illustrate understanding of arobic training methods
    e. Project to demonstrate comprehension of the body's physiological responses to exercise

B. **Frequency**

1. Pre/Post Evaluation
2. Daily evaluation of student’s participation
3. Periodical class projects to assess understanding of aerobic methods of training and the body's responses to aerobic conditioning.

IX. TYPICAL TEXTS:

1. Heyward, V. *Advanced Fitness Assessment and Exercise Prescription-6th Edition.*, Human Kinetics, 2010.
2. Reynolds, G. *The First 20 Minutes: Surprising Science Reveals How We Can: Exercise Better, Train Smarter, Live Longer.*, Hudson Street Press, 2012.
3. Hand-outs produced by the instructor

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Students are to provide their own workout clothes, appropriate shoes, and a towel.
B. Personal water bottle is optional (water fountain is available.)