

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

## Course Outline for KIN BC2

### BOOT CAMP FOR AEROBIC CONDITIONING

Effective: Spring 2019

#### 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:

- Physical Education

Family: Kinesiology Boot Camp

	<b>MIN</b>	<b>MAX</b>
<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:**

- Specify the physiological processes (i.e. the body's responses) that occur when a person undergoes aerobic exercise.
- Identify training methods used to enhance aerobic fitness.
- Perform measurable aerobic fitness tests

#### V. CONTENT:

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

#### VI. METHODS OF INSTRUCTION:

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

#### VII. TYPICAL ASSIGNMENTS:

- Follow instructor through aerobic conditioning drills
- Demonstrate knowledge of how the body responds to aerobic conditioning
- Actively participate 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. Brown, Lee. *Strength Training Online CE Course*. 2nd ed., Human Kinetics, 2018.
2. Gibson, Ann, Dale Wagner, and Vivian Heyward. *Advanced Fitness Assessment and Exercise Prescription*. 8 ed., Human Kinetics, 2018.
3. Hand-outs produced by the instructor

X. OTHER MATERIALS REQUIRED OF STUDENTS: