

Las Positas College
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Course Outline for KIN GBW

GUTS AND BUTTS WORKOUT

Effective: Fall 2013

I. CATALOG DESCRIPTION:

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

This course will focus on improving muscle strength and endurance of the abdominals, gluteals, quadriceps, and hamstrings. Functional exercises such as squats, lunges and planks will be utilized.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	<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:

- A. Participate regularly in the activities of this class;
- B. Describe the format of a safe and effective exercise session;
- C. Demonstrate correct technique for lunges, squats, abdominal training;
- D. List and describe the components of fitness;
- E. Measure/assess exercise intensity through several techniques including target heart rate and rating of perceived exertion;
- F. Modify his/her exercise intensity as appropriate;
- G. Complete all assignments in a professional and timely manner;
- H. Improve his/her fitness level;

V. CONTENT:

- A. Safe and effective exercise session 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. Techniques to assess exercise intensity
 - 1. Target Heart Rate Zone
 - 2. Karvonen Formula
 - 3. Ratings of Perceived Exertion (RPE)
 - 4. "Talk Test"
- D. How to modify exercise intensity
 - 1. Importance of working at one's own pace
- E. How to modify impact levels
 - 1. High and low impact variations
- F. Proper technique
 - 1. Lunges
 - 2. Squats
 - 3. Core stabilization
 - 4. Bridges
 - 5. Abdominal exercises
- G. Muscle groups utilized in Lunges, Squats, Core stabilization, Bridges and Abdominal exercises
- H. Progressive application of the Overload Principle for the following exercises:
 - 1. Lunges
 - 2. Squats

3. Core Stabilization
4. Bridges
5. Abdominal exercises
- I. Components of Fitness and their importance to a healthy lifestyle
 1. Cardiovascular endurance
 2. Muscular strength and endurance
 3. Flexibility
 4. Body composition

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 lunges or squats
 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
 - b. 2-3 assignments per semester.

IX. TYPICAL TEXTS:

1. Prentice, W., E. (2012). *Get Fit, Stay Fit* (6th ed.). : McGraw Hill.
2. Bushman, B., B. (Ed.) (2011). *ACSM's Complete Guide to Fitness & Health*. : Human Kinetics.
3. 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.