

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

Course Outline for KIN GBW
GUTS AND BUTTS WORKOUT
Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN GBW — GUTS AND BUTTS WORKOUT — 1.00 - 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.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Guts and Butts

	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. Describe the format of a safe and effective exercise session;
- B. Demonstrate correct technique for lunges, squats, abdominal training;
- C. List and describe the components of fitness;
- D. Measure/assess exercise intensity through several techniques including target heart rate and rating of perceived exertion;
- E. Modify his/her exercise intensity as appropriate;
- F. Complete all assignments in a professional and timely manner;
- G. 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)
- 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. Handout
- B. **Demonstration** - Demonstration of techniques
- C. **Lecture** - Explanation of techniques
- D. **Classroom Activity** - Individual, small group and entire class activities

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 lung with medicine ball rotation
 - 5. Repeat progression with other lead leg

VIII. EVALUATION:

Methods/Frequency

- A. Class Participation
 - Daily

IX. TYPICAL TEXTS:

- 1. Bushman, B. (2017). *ACSM's Complete Guide to Fitness & Health* (2nd ed.). Champaign, Illinois: Human Kinetics.
- 2. Haff, G., & Triplett, T. (2016). *Essentials of Strength Training and Conditioning* (4th ed.). Champaign, Illinois: 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.