

Las Positas College
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Course Outline for KIN AFG

AEROBIC FITNESS GYM

Effective: Fall 2015

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:

Family: Kinesiology Aerobics

	<u>MIN</u>	<u>MAX</u>
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:

- Identify the Principles of Aerobic Endurance Training.
- Demonstrate proper use of aerobic equipment in gym.
- Calculate Aerobic Training Zone utilizing the Karvonen Formula.
- List 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:

- Individualized Instruction -**
- Observation and Demonstration -**
- Discussion -**
- Classroom Activity -**

VII. TYPICAL ASSIGNMENTS:

- Active class participation/documentation by an exercise log
- Reading assignments in recommended books and handouts given in class or posted on Blackboard

- C. SMART system for personal goal setting
- D. Short essays on assigned topics
- E. Final exam

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Papers
- 3. Class Participation
- 4. Class Performance

B. **Frequency**

- 1. attendance will be taken each class meeting

IX. TYPICAL TEXTS:

- 1. Ben Rueter *Developing Endurance*. 1 ed., Human Kinetics, 2012.
- 2. Corbin, C.; Welk, G.; Corbin, W. & Welk, K. *Concepts of Physical Fitness*. 17 ed., McGraw Hill, 2012.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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