

Las Positas College  
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## Course Outline for KIN CP

### CARDIO POWER

Effective: Spring 2017

#### I. CATALOG DESCRIPTION:

KIN CP — CARDIO POWER — 0.50 - 2.00 units

A group exercise class that uses various formats including Step, Interval, Hi/Low aerobics, Circuit, and Boot Camp to improve all components of fitness (cardiovascular endurance, muscular strength and endurance, flexibility and body composition).

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Describe the components of fitness and their importance to a healthy lifestyle;
- B. Describe the benefits of exercise and its importance to a healthy lifestyle;
- C. Attend and participate at the scheduled class time;
- D. Describe safe and effective class format;
- E. Demonstrate correct technique from a variety of group exercise formats including Step, Interval, Hi/Low aerobics, Circuit and Boot Camp;
- F. Improve cardio-respiratory endurance, muscular endurance, flexibility and body composition;
- G. Demonstrate how to measure exercise intensity through target heart rate and rate of perceived exertion;
- H. Perform safe and efficient aerobics;
- I. Participate in class group discussions and presentations regarding healthy lifestyle behavior.

#### V. CONTENT:

- A. Components of Fitness and their importance to a healthy lifestyle
  1. Cardiovascular Endurance
  2. Muscular strength and endurance
  3. Flexibility
  4. Body Composition
- B. Benefits of Exercise and its importance to a healthy lifestyle
  1. Benefits of Cardiovascular Endurance
  2. Benefits of Muscular strength and endurance
  3. Benefits of Flexibility
  4. Benefits of a healthy body composition
  5. Ideal Frequency, Intensity and Time of each component
- C. Safe and effective class 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. Circuit training and interval training principles
- D. Proper technique and alignment for a variety of aerobic exercises
  1. Step height, set up, foot placement, posture and alignment
  2. Hi/Low choreography
  3. Exercise tubing use and safety considerations
  4. Gym balls, medicine balls use and safety considerations
  5. Boot Camp style exercises and modifying exercises and intensity
- E. Healthy Lifestyle Behavior as appropriate
  1. Smoking Cessation
  2. Stress Management
  3. Time Management
  4. Proper Nutrition and Hydration

5. Exercise
6. Proper rest
- F. Daily Workouts incorporating all the components of fitness
  1. Warm up and stretching exercises
  2. Cardiovascular segment lasting at least 20 minutes
  3. Muscular Strength and Endurance exercises
  4. Cool Down and stretching exercises
  5. Relaxation and Meditation

#### 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 block of step choreography with the class
  1. 2 Charlesons
  2. Around the World
  3. 3 Knee Repeater
  4. Repeat block 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 a repeater move

##### B. **Frequency**

1. Frequency
  - a. Daily evaluation of student's progress/participation level by instructor

#### IX. TYPICAL TEXTS:

1. Handouts are presented throughout the course.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will provide their own clothing, foot apparel and towel for class participation.