

Las Positas College  
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## Course Outline for KIN PF

### PERSONAL FITNESS

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

KIN PF — PERSONAL FITNESS — 1.00 units

An independent, self paced, personal activity program planned and implemented in conjunction with student goals. Based on goals and results of a fitness assessment and health risk appraisal, an individualized program is developed through personal counseling. Programs can include a physical assessment profile, a health risk appraisal, an individualized exercise/activity program, nutrition counseling, health/wellness education, and behavior modification. The student is required to meet with the instructor on campus at the beginning and end of the semester. This is a hybrid class in which the students are assessed and there is a lecture component in the beginning of the class. At the end of the term the students will be reassessed and there will be individual instruction, handouts and another face-to-face lecture.

0.50 Units Lecture 0.50 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Physical Education

Family: Kinesiology Personal Fitness

	<b>MIN</b>
<b>Lecture Hours:</b>	9.00
<b>Expected Outside of Class Hours:</b>	18.00
<b>Lab Hours:</b>	27.00
<b>Total Hours:</b>	54.00

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:**

- Establish an activity program based on assessment results and individual goals;
- Complete a log of activity;
- Evaluate a course of training by comparing pre and post assessments;
- Define the components of fitness for use in developing fitness programs;
- Discuss the benefits of maintaining a regular activity program;
- Evaluate healthy eating in terms of nutrients required and food sources;
- Identify appropriate lifestyle modification techniques;
- Analyze and interpret the results of a physical fitness assessment and health risk appraisal;

V. CONTENT:

- Orientation to course
- Health Risk Appraisal including evaluation of risk for:
  - Heart Disease
  - Cancer
  - Diabetes
  - Stress
  - Depression
  - Nutrition habits
  - Health Care Prevention
  - Safety Habits
- Physical Fitness Assessment including:
  - Resting Heart Rate
  - Resting Blood Pressure
  - Cardiorespiratory endurance
  - Muscular strength

- 5. Muscular endurance
- 6. Flexibility
- 7. Body Composition
- D. Evaluation and Interpretation of Health Risk Appraisal
  - 1. Appropriate lifestyle modifications
- E. Evaluation and Interpretation of Physical Fitness Assessment
- F. Self-evaluation of goals for the course in conjunction with instructor
- G. Exercise Program Design
  - 1. Development of exercise program based on
    - a. assessment results
    - b. student goals
    - c. student preferences
    - d. available time/time required for course
    - e. health risk factors
    - f. components of fitness
- H. Exercise log
  - 1. Daily log
  - 2. Nutritional diary and nutrient evaluation
- I. Behavior modification log and exercises
- J. Referral to Student Health Center, when appropriate

#### VI. METHODS OF INSTRUCTION:

- A. **Discussion** - The students will have a discussion board with current events or a topic of concern.
- B. **Audio-visual Activity** - Audio/visual presentations will be used during the course of the semester.
- C. **Lecture** - Lecture/presentations and assignments
- D. **Individualized Instruction** - One on one instruction and nutritional and fitness counseling will be provided.
- E. **Demonstration** - The instructor will give instruction and demonstrate on the proper form and technique for pre and post assessments.
- F. **Projects** - Self paced individualized projects and learning Modules will be utilized in this class.

#### VII. TYPICAL ASSIGNMENTS:

- A. Participate in individualized fitness program
- B. Demonstration of correct exercise technique
- C. Completion of exercise log
- D. Discussion board assignments to analyze and assess healthy eating and exercise protocols

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Research Projects
- 2. Class Participation
- 3. Other:
  - a. Completion of pre and post fitness assessment
  - b. Improvement in fitness assessment
  - c. Completion of exercise log
  - d. Completion of discussion board research projects

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

- 1. Pre assessment at beginning of class
- 2. Post assessment at end of class
- 3. Class participation: Weekly recording of exercise program log
- 4. Research projects: Bi-weekly exercise related assignments (e.g. Discussion Board)

#### IX. TYPICAL TEXTS:

- 1. NSCA -National Strength & Conditioning Association. *Essentials of Strength Training and Conditioning*. 4th ed., Human Kinetics , 2016.
- 2. Fahey, Thomas. *Fit and Well*. 10 ed. ed., Mc Graw-Hill, 2016.
- 3. NSCA -National Strength & Conditioning Association. *NSCA's Guide to Program Design (Science of Strength and Conditioning)*. 1st ed., Human Kinetics, 2016.

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

- A. Blood panel from LPC Student Health Center (optional)