

Las Positas College
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Course Outline for KIN 43A

FITNESS CENTER 1

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN 43A — FITNESS CENTER 1 — 1.00 units

Students will be presented with instruction on how to develop and maintain the components fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. Students will learn how to design an individualized exercise program based on sound training principles and personal goals.

1.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Kinesiology

	<u>MIN</u>
Lab Hours:	54.00
Total Hours:	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:

- Orientation to the Fitness Center
- Articulate personal fitness goals
- Identify the F.I.T.T. Principles
- Participate in a balanced fitness program
- Participate in a pre and post fitness test

V. CONTENT:

VI. METHODS OF INSTRUCTION:

- Demonstration** -
- Observation and Demonstration** -
- Lab** -
- Classroom Activity** -

VII. TYPICAL ASSIGNMENTS:

VIII. EVALUATION:

Methods/Frequency

- Exams/Tests
Final exam on course content
- Quizzes
Quizzes on course content
- Class Participation
Active participation required

IX. TYPICAL TEXTS:

- Brown, Lee. *Strength Training*. 2nd ed., Human Kinetics, 2017.
- Bompa, Tudor. *Periodization*. 6th ed., Human Kinetics, 2018.
- Bushman, Barbara. *ACSM's Complete Guide to Fitness and Health*. 2nd ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS: