

Las Positas College
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Course Outline for KIN PF

PERSONAL FITNESS

Effective: Fall 2013

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:

Family: Kinesiology Personal Fitness

| | MIN |
|-----------------------|------------|
| Lecture Hours: | 9.00 |
| Lab Hours: | 27.00 |
| Total Hours: | 36.00 |

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

V. CONTENT:

- A. Orientation to course
- B. Health Risk Appraisal including evaluation of risk for:
 1. Heart Disease
 2. Cancer
 3. Diabetes
 4. Stress
 5. Depression
 6. Nutrition habits
 7. Health Care Prevention
 8. Safety Habits
- C. Physical Fitness Assessment including:
 1. Resting Heart Rate
 2. Resting Blood Pressure
 3. Cardiorespiratory endurance
 4. 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. **Lab** - Individual and group training activities covering correct biomechanics and strengthening through plyometrics will occur daily.
- C. **Demonstration** - The instructor will give instruction and demonstrate on the proper form and technique for pre and post assessments.
- D. **Individualized Instruction** - One on one instruction and nutritional and fitness counseling will be provided.
- E. **Audio-visual Activity** - Audio/visual presentations will be used during the course of the semester.
- F. **Projects** - Self paced individualized projects and learning Modules will be utilized in this class.
- G. **Lecture** - Lecture/presentations and assignments

VII. TYPICAL ASSIGNMENTS:

- A. Participate in individualized fitness program
- B. Demonstration of correct exercise technique
- C. Completion of exercise log and nutrition log
- D. Reading of assigned course material and quizzes

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Lab Activities
- 3. Other:
 - a. Methods
 - 1. Completion of pre and post fitness assessment
 - 2. Improvement in fitness assessment
 - 3. Completion of exercise log and nutrition log
 - 4. Completion of assigned handouts

B. **Frequency**

- 1. Frequency
 - a. Pre assessment at beginning of class
 - b. Post assessment at end of class
 - c. Weekly activities and participation in exercise program

IX. TYPICAL TEXTS:

- 1. Fahey, Thomas *Fit and Well*. 10 ed. ed., Mc Graw-Hill, 2011.
- 2. Jeukendrup, Asker *Sport Nutrition*. 2 nd ed., Human Kinetics , 2010.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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