

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN AB

AEROBIC FITNESS

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN AB — AEROBIC FITNESS — 0.50 - 2.00 units

Aerobic Fitness is an intermediate conditioning class that emphasizes cardiovascular endurance activities through a variety of exercises that stimulate heart and lung activity. Interval calisthenics are used as a warm-up, and then activities that develop increased aerobic efficiency will be performed by the students.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Aerobics

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

- Improve cardiovascular endurance;
- Improve the amount of time required to recover from a bout of exercise;
- Improve the strength and efficiency of the heart muscle;
- Withstand increased intensity and duration of exercises.

V. CONTENT:

- Pre-assessment to determine student's preliminary fitness level
- Exercises which provide aerobic fitness and lower the resting heart rate
- Proper warm-up and cool-down
- Running or jogging program designed for developing increased cardiovascular endurance
- Provide a series of exercises and movements that will promote endurance and efficiency of the cardiovascular system
- Post-assessment to determine student's progress

VI. METHODS OF INSTRUCTION:

- Demonstration** - Demonstrate exercises and techniques
- Lecture** - Explain exercises and techniques
- Critique** - Critique exercises and techniques

VII. TYPICAL ASSIGNMENTS:

- Active participation in class activities
- Demonstration of proper technique

VIII. EVALUATION:

Methods/Frequency

- Class Participation
Daily

IX. TYPICAL TEXTS:

- Vanderburg, Helen. *Fusion Workouts Online CE Course*. 1 ed., Human Kinetics, 2017.
- Kennedy-Armbruster PhD, Carol. *Methods of Group Exercise Instruction Online CE Course*. 3rd ed., Human Kinetics, 2016.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- Appropriate exercise attire and shoes

