

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 2008

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:

Discipline:

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: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

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

V. CONTENT:

- A. Pre-assessment to determine student's preliminary fitness level
- B. Exercises which provide aerobic fitness and lower the resting heart rate
- C. Interval calisthenics
- D. Proper warm-up and cool-down
- E. Running or jogging program designed for developing increased cardiovascular endurance
- F. Acquiring knowledge that will enable student to write a cardiovascular exercise program to fit his or her needs
- G. Provide a series of exercises and movements that will promote endurance and efficiency of the cardiovascular system
- H. Post-assessment to determine student's progress

VI. METHODS OF INSTRUCTION:

- A. Primarily demonstration
- B. Group and individual instructional techniques will be employed
- C. Supplemented by lecture

VII. TYPICAL ASSIGNMENTS:

- A. Participation in class activities B. Proper execution of all phases of the program

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Class Performance
- 3. Other:
 - a. Methods
 - 1. Student participation in class activities
 - 2. Active participation and time on task
 - 3. Improved fitness level as demonstrated through pre and post assessments

B. **Frequency**

- 1. Frequency
 - a. Daily performance

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Appropriate exercise attire and shoes