

Las Positas College
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Course Outline for KIN BC

BOOT CAMP

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN BC — BOOT CAMP — 0.50 - 2.00 units

Improve core conditioning, muscle strength, muscle endurance and cardiorespiratory endurance through a variety of drills and military style movements. Functional training delivered in an intense environment.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	<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. Complete a full boot camp work out;
- B. Describe the major muscle groups and exercises targeting each group;
- C. Perform exercises safely and with proper form;

V. CONTENT:

- A. Components of Fitness
 - 1. Cardiovascular Endurance
 - 2. Muscular Strength and Endurance
 - 3. Flexibility
- B. Proper Exercise Technique
- C. Benefits of Exercise and its importance to a healthy lifestyle
- D. Warm-up and Stretching Exercises
- E. Aerobic Segment – includes circuit style training with boot camp exercises
- F. Body Sculpting – Increasing Muscular Strength with weight lifting
- G. Core Training – abdominal and back work out.

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Student Participation in class workouts
- C. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Follow instructor through drills B. Demonstrate knowledge of what exercises work the main muscle groups

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Class Performance
- 3. Other:
 - a. Methods
 - 1. Student Participation
 - 2. Performance of Proper Technique

B. **Frequency**

- 1. Frequency
 - a. Pre/Post Evaluation
 - b. Daily evaluation of student's participation

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are to provide their own workout clothes, appropriate shoes, and a towel.
- B. Personal water bottle is optional (water fountain is available.)