

Course Outline of Record

1. Course Code: KINE-094
2. a. Long Course Title: Personal Fitness
 b. Short Course Title: PERSONAL FITNESS
3. a. Catalog Course Description:
 This course is designed to provide instruction on basic strength training exercises to increase muscular strength, endurance and enhance one's personal fitness levels. There will also be a cardiorespiratory component designed to improve stamina and overall conditioning. Other exercises to progress individual flexibility, core strength, and overall body composition will be integrated. An additional portion focused on various nutritional theories and weight management principles will be addressed.
 b. Class Schedule Course Description:
 Personal fitness emphasizing muscular endurance, strength, flexibility and cardiorespiratory conditioning levels
 c. Semester Cycle (if applicable): Spring Semester
 d. Name of Approved Program(s):
 • RECREATION AA Degree and Transfer Preparation
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 35 Allow Audit: Yes
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
 N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

- a. Conditioning Principles
 - i. overload
 - ii. frequency/intensity/time
 - iii. target/training heart rates
 - iv. interval training
- b. Strength training principles
 - i. muscular endurance
 - ii. muscular strength
 - iii. machine weights
 - iv. free weights
 - v. kettlebell training
 - vi. benefits of strength training
 - vii. understanding of muscle groups as related to specific exercises
 - viii. integrating trx exercises for functional strength
- c. Safety Consideration
 - i. proper body alignment
 - ii. proper biomechanics
 - iii. how to progress and improve in time without injury

- d. nutritional theories
 - i. developing a healthy diet
 - ii. identifying good nutritional choices
 - iii. recent research on strength training and nutrition
 - iv. weight management principles

Lab: (if the "Lab Hours" is greater than zero this is required)

- a. Various cardiorespiratory fitness program design to improve aerobic and anaerobic conditioning levels
- b. Creative muscular strength and endurance exercises to strengthen the entire body
- c. Kettlebell and TRX exercises to improve functional strength
- d. Core Specific exercises to increase core strength
- e. Nutritional lab analysis activities
- f. Agility exercises
- g. Plyometric exercises
- h. Flexibility exercises

9. Course Student Learning Outcomes:

- 1.
Apply and evaluate proper biomechanics for personal strength training exercises.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Develop their own personal strength training program following the principles of muscular strength and endurance.
- b. Perform basic strength training exercises and have an understanding of the health and fitness benefits.
- c. Learn proper warm up and cool down exercises.
- d. Understand the FIT principle of frequency, intensity and time and how to design an individual cardiorespiratory program that improves one's personal fitness.
- e. Understand, perform, and identify all the components of physical fitness such as agility, balance, cardiorespiratory endurance, anaerobic power, and flexibility and how they contribute to overall wellness.
- f. Demonstrate an understanding of the basic kinesiology principles such as different muscle groups and what exercises will increase cardiovascular levels and improve muscular strength.
- g. Establish short term and long term fitness goals in a personalized fitness journal.

11. Methods of Instruction: (*Integration: Elements should validate parallel course outline elements*)

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Lecture
- e. Observation
- f. Self-exploration

Other Methods:

Student reports. Audio/visual presentations. Demonstration and return demonstration

12. Assignments: (*List samples of specific activities/assignments students are expected to complete both in and outside of class.*)

In Class Hours: 36.00

Outside Class Hours: 18.00

- a. In-class Assignments
 - a. fitness testing
 - b. group discussion and participation
 - c. exercise demonstration and evaluation
- b. Out-of-class Assignments

- a. Reading assignments with written reports
- b. Viewing of power points and videos
- c. Keeping of a journal on personal fitness/nutrition.
- d. Analyzing goals and fitness testing of cardiorespiratory fitness and muscular endurance

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
fitness journals
- Critiques
article critiques on various, styles of exercise and nutrition
- Self-paced testing
various fitness testing and measuring improvements
- Laboratory projects
cardiorespiratory analysis, body fat testing, muscular endurance testing
- Field/physical activity observations
biomechanical analysis of basic strength exercises
- Computational/problem solving evaluations
Karvonen formula for heart rate, Flexibility analysis, BMI and girth measurements
- Student preparation
fitness journals and nutritional analysis, personal development of strength and cardiorespiratory workout routines

14. Methods of Evaluating: Additional Assessment Information:

- a. Written assignments (fitness journals, strength charts).
- b. Computation (training heart rate, basal metabolic rate, body composition testing, cardiovascular fitness assessment, and nutritional analysis).
- c. Non-computational problem solving (decision making regarding selection, eligibility, options).
- d. Skill demonstration (written and reading assignments, attendance, and performance).

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

Update Course SLOs.

- 20. a. Cross-Listed Course (*Enter Course Code*): N/A
- b. Replacement Course (*Enter original Course Code*): N/A

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

KINE 094-Personal Fitness

- a. Course Control Number [CB00]: CCC000306670
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (if program-applicable): N/A

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 35

Third Year: 35

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

National Strength and Conditioning Association Journals

28. Originator Courtney Doussett Origination Date 04/26/17