KINE 041: CORE CONDITIONING

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Originator
wansley

Justification / Rationale
There is an opportunity to deliver this popular course in an online form and reach more students.

Effective Term
Spring 2021

Credit Status
Credit - Degree Applicable

Subject
KINE - Kinesiology

Course Number
041

Full Course Title
Core Conditioning

Short Title
CORE CONDITIONING

Discipline

Disciplines List
Physical Education

Modality
Face-to-Face
100% Online
Hybrid

Catalog Description
This course provides instruction in the latest exercise techniques and principles for students interested in improving core strength, posture, flexibility, speed, muscular strength and endurance. The course includes a variety of exercises aimed to strengthen the following muscle groups of the core region: Rectus abdominus, transverse abdominus, external and internal obliques and the spinal erector, muscles. This course offers additional exercises to strengthen the core pillar strength areas including the following: shoulder, hip, gluteus maximus, and hamstring muscle groups. The course covers the most current and up-to-date methods of training to enhance fitness and athletic performance.

Schedule Description
This course covers exercises to train the core region focusing on the abdominal, hip flexor and lower back areas.

Lab Units
1.0

Lab Semester Hours
54

In-class Hours
54

Out-of-class Hours
0

Total Course Units
1

Total Semester Hours
54

Class Size Maximum
40

Course Content
1. Warm-up exercises/flexibility training
2. Movement preparation series to prepare muscle groups for exercises
3. Preventive exercises toward strengthening the body to optimize mobility, balance, stabilization and joint function whereas decreasing the potential for injuries
4. Elasticity exercises toward improving speed, strength and stability of the core musculature region
5. Strength exercises that incorporate core conditioning and improving overall muscular strength and endurance
6. Flexibility/regeneration exercises that improve overall strength and flexibility in the core region and promote recovery for the body
7. Personal design and application of individual core program design
8. Anatomical and kinesiological perspective of the human body through exercise training and conditioning
9. The role of cardio-respiratory endurance to fitness
10. Body weight conditioning to core strength

Lab Content
1. Static core strengthening exercises
2. Dynamic core strengthening exercises
3. Kettlebell exercises to improve core strength
4. Yoga and Pilates exercises to improve core strength
5. Cardiorespiratory conditioning, both endurance and interval training
6. Body weight conditioning exercises to improve fitness

Course Objectives

	Objectives
Objective 1	Demonstrate basic exercise techniques to strengthen core musculature;
Objective 2	Demonstrate basic exercise techniques to strengthen core musculature;
Objective 3	Demonstrate basic strength training exercises that place additional emphasis on core musculature;
Objective 4	Demonstrate basic agility and plyometric exercises to improve overall speed and athletic performance;
Objective 5	Demonstrate flexibility exercises to improve strength, balance, and increased range of motion in core musculature, posture and performance.
Objective 6	Compute and report on selective fitness assignments.

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Demonstrate an understanding of multiple diverse core related exercises that improve core strength, stability, balance, and improve overall posture and wellness.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Core exercises are discussed and broken down with proper form, alignment and physical benefits.
Demonstration, Repetition/Practice	Students will engage in demonstration, repetition and practice of progressions and regressions of multiple styles of core exercises.
Activity	The course is based upon active core movement and exploration.
Technology-based instruction	Movement tutorials and online resources have been created to increase learning and motivation.
Self-exploration	Personal reflection and flexibility will be assessed.
Participation	Daily active participation is included and expected.
Lecture	Core exercises demonstrated and benefits presented.

Journal	Student journals and reports.
Individualized Study	Students will be tested individually on flexibility and core strength.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Written homework	Students will participate in group discussion threads.	Out of Class Only
Student participation/contribution	Students will earn active daily participation points.	In and Out of Class
Group activity participation/observation	Students will participate in partner core analysis of exercises and observations.	In Class Only
Computational/problem-solving evaluations	Computation (training heart rate, basal metabolic rate, calorie charts, and overall fat, protein and carbohydrate readings)	In and Out of Class
Laboratory projects	Students will participate in pre and post fitness testing analyzing core strength, endurance and flexibility.	In Class Only
Self-paced testing	Students will prepare fitness goal sheets and personal reflections.	In and Out of Class

Assignments

Other In-class Assignments

1. Personal fitness testing
2. End of class evaluations
3. Creative personal program design, timeline with class lecture, discussion and feedback of students

Other Out-of-class Assignments

1. Personal program design
2. Personal nutritional analysis
3. Muscular analysis
4. Body composition analysis
5. Flexibility measurement and assessment pre and post
6. Various physical fitness assessment and skill practice
7. Student presentation
8. How to design core and strength workouts for home

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

50

On-campus %

50

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

n/a

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Timely feedback and return of student work as specified in the syllabus
Discussion forums with substantive instructor participation
Chat room/instant messaging
Regular virtual office hours
Private messages
Online quizzes and examinations
Video or audio feedback
Weekly announcements

External to Course Management System:

Direct e-mail
E-portfolios/blogs/wikis
Posted audio/video (including YouTube, 3cmediasolutions, etc.)
Teleconferencing
Telephone contact/voicemail

For hybrid courses:

Scheduled Face-to-Face group or individual meetings
Field trips
Orientation, study, and/or review sessions
Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

There will be weekly participation assignments reflecting the movement tutorials and the diverse on line resources and programming that was created for the students. There will be weekly discussion threads connecting the diverse core related exercise variations and the benefits associated with the exercises.

Other Information

Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.

Allowing this course to have an online section will improve our access to students that currently our balancing jobs and families. There have been many online resources created to meet the needs of our students wanting to learn more about core training and total body fitness but difficult for them to attend the campus with rigorous outside responsibilities. These online resources are very valuable to promote student learning, enthusiasm and wellness. Students also have the opportunity to practice the movement tutorials and programming several times if they wish to promote learning and improvements in fitness.

MIS Course Data

CIP Code

31.0501 - Health and Physical Education/Fitness, General.

TOP Code

083500 - Physical Education

SAM Code

E - Non-Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status
Credit Course

Approved Special Class
Not special class

Noncredit Category
Not Applicable, Credit Course

Funding Agency Category
Not Applicable

Program Status
Program Applicable

Transfer Status
Transfer CSU, limited UC

Allow Audit
No

Repeatability
No

Materials Fee
No

Additional Fees?
No

Approvals

Curriculum Committee Approval Date
11/21/2019

Academic Senate Approval Date
12/12/2019

Board of Trustees Approval Date
1/17/2020

Chancellor's Office Approval Date
1/18/2020

Course Control Number
CCC000399294

Programs referencing this course
Emergency Medical Services Certificate of Achievement (http://catalog.collegeofthedesert.eduundefined?key=134/)
Fitness Specialist Certificate of Achievement (http://catalog.collegeofthedesert.eduundefined?key=148/)
Kinesiology AA-T Degree (http://catalog.collegeofthedesert.eduundefined?key=8/)
Personal Trainer Certificate of Achievement (http://catalog.collegeofthedesert.eduundefined?key=80/)