KINE 094: PERSONAL FITNESS

Date Submitted: Mon, 20 Apr 2020 22:25:35 GMT

Originator
wansley

Justification / Rationale
This is a popular course that we would like to deliver in an online form to reach more students.

Effective Term
Spring 2021

Credit Status
Credit - Degree Applicable

Subject
KINE - Kinesiology

Course Number
094

Full Course Title
Personal Fitness

Short Title
PERSONAL FITNESS

Discipline

Disciplines List
Kinesiology

Modality
Face-to-Face
100% Online
Hybrid

Catalog 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.

Schedule Description
Personal fitness emphasizing muscular endurance, strength, flexibility and cardiorespiratory conditioning levels.

Lecture Units
0

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

Required Text and Other Instructional Materials

Resource Type
Web/Other

Description
Current periodical handouts

Class Size Maximum
35

Course Content
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 Content
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.

Course Objectives

	Objectives
Objective 1	Develop their own personal strength training program following the principles of muscular strength and endurance.
Objective 2	Perform basic strength training exercises and have an understanding of the health and fitness benefits.
Objective 3	Learn proper warm up and cool down exercises.
Objective 4	Understand the FIT principle of frequency, intensity and time and how to design an individual cardiorespiratory program that improves one's personal fitness.
Objective 5	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.
Objective 6	Demonstrate an understanding of the basic kinesiology principles such as different muscle groups and what exercises will increase cardiovascular levels and improve muscular strength.
Objective 7	Establish short term and long term fitness goals in a personalized fitness journal.

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Students will improve muscular strength, cardiorespiratory endurance, and other personal fitness levels.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Discuss the purpose and value of various forms of physical fitness.
Demonstration, Repetition/Practice	Work with classmates and perform proper physical fitness techniques. Movement tutorials and online resources have been created to increase learning and motivation.
Activity	Structured workouts to improve fitness.
Self-exploration	Create fitness goals and reflect on these in a fitness journal.
Observation	Instructor lead biomechanical analysis.
Lecture	Discuss on the benefits of strength training, cardiorespiratory endurance, flexibility, and program design.

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 maintain fitness journals on their progress towards fitness goals.	In and Out of Class
Computational/problem-solving evaluations	Students will calculate the Karvonen formula for heart rate, perform a flexibility analysis, determine BMI scores and girth measurements.	In Class Only
Field/physical activity observations	Students will perform a biomechanical analysis of basic strength exercises with partners.	In Class Only
Laboratory projects	Students will perform baseline cardiorespiratory and muscular endurance test.	In Class Only
Self-paced testing	Students will perform various fitness tests and measure for girth improvements periodically through the semester.	In Class Only
Tests/Quizzes/Examinations	Students will write article critiques on various styles of exercise and nutritional information. Students will perform a pre-test and a post-test to demonstrate fitness improvements.	In Class Only

Assignments

Other In-class Assignments

1. Fitness testing
2. Group discussion and participation

3. Exercise demonstration and evaluation

Other Out-of-class Assignments

1. Reading assignments, discussion threads and written summaries.
2. Viewing of power points and videos.
3. Keeping of a journal on personal fitness/nutrition.
4. Analyzing goals and fitness testing of cardiorespiratory fitness and muscular endurance.

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 created for the students. There will be weekly discussion threads connecting principles of personal fitness to diverse styles and variations of exercise programming.

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 personal 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 diverse 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

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
CCC000306670

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