KIN A105: CARDIOVASCULAR FITNESS

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-2.5 Total Units
Hours	18-90 Total Hours (Lecture Hours 5.4-27; Lab Hours 12.6-63)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Cardiovascular exercise program. Stretching, fast-walk, jogging, and running programs will be set up on an individual basis. Pulse monitoring, nutrition, and strength will also be emphasized. Explores the relationship between fitness and health related topics to improve, be part of, and maintain a wellness lifestyle. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for effective cardio fitness training.
2. Self-analyze errors in cardio fitness training and identify methods of adjustment to enhance performance.

Course Objectives

- 1. Explain the principles and theory of cardiovascular fitness.
- 2. Differentiate between aerobic and anaerobic activity.
- 3. Explain how progressive overload results in training effects.
- 4. Engage in exercise programs involving fast-walk, jogging, running, and stretching.
- 5. Identify the training effects of aerobic activities and the role of exercise in heart health.
- 6. Develop proficiency in prevention and treatment of common fitness injuries.
- 7. Develop a personal lifetime fitness program.

Lecture Content

1. Class orientation/See syllabusDefine fitnessIdentify place on fitness continuumDecide on medical clearance/over 35 years oldNeeds medical clearanceIdentify the essential nutrients and their primary source and functionsIdentify goals and components involved 2. Explain target pulse rateExplain the need for proper shoesAdminister 1.5 mile run-walk testA. Call out times as students cross finish lineB. A copy of fitness profile for each student1. Record results2. Explain results 3. Personal Journals; ExplainDefine: Intensity=How hard? Duration=How long?Frequency=How often?Workout:A B C DStretch Stretch Stretch StretchJog 1 mile Jog 1.5 mile Jog 2.0 mile Jog 2.5mileStretch Stretch Stretch Stretch 4. Differentiate between aerobic and anaerobic activityJogging=aerobicSprinting=anaerobicWorkout:A B C DStretch Stretch Stretch StretchJog 1 mile Jog 1.5 mile Jog 2.0 mile Jog 2.5 mileStretch Stretch Stretch Stretch 5. Test: 1.5 mile run-walkAnalyze resultsCompare to pre-test 6. Increase workout loadWorkout:A B C DStretch Stretch Stretch StretchJog 1.5 mile Jog 2.0 mile Jog 2.5 mile Jog 3.0 mileStretch Stretch Stretch Stretch 7. Explore community activitiesEncourage students to enter 5-10K run community racesContinue to increase workout mileageA B C DStretch Stretch Stretch StretchJog 2.0 mile Jog 2.5 mile Jog 3.0 mile Jog 3.5 mileStretch Stretch Stretch Stretch 8. Post Test Evaluation: 1.5 mile run-walkStudents turn in design for weekly program plan for one semesterStudents turn in personal journal

Lab Content

See Course Content.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture; lab worksheets: for students to complete in preparation for lectures and discussion; fitness profiles; field trips

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Design a weekly program plan for: 1. Semester 2. Maintain a daily/ weekly journal

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Design personal fitness prescriptions

Required Writing, Problem Solving, Skills Demonstration

Design a weekly program plan for: 1. Semester 2. Maintain a daily/ weekly journal

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science,

dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Cooper, K. . The Aerobics Program for Total Health and Well-Being, ed. New York: Bantam Dell, 1985 Rationale: . 2. Required American College of Sports Medicine. ACSM Fitness Book, ed. Illinois: Human Kinetics, 2003 Rationale: .