

KIN A115: CROSS TRAINING LEVEL 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
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

A multi dimensional approach to total body fitness and wellness. Cross training will encompass aerobics, running and weight training, and provide the student the opportunity to develop and maintain a complete conditioning program which balances cardiovascular conditioning, strength, flexibility, and coordination. 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. Understand the benefits of cross training as they relate to fitness and overall wellness.
2. Incorporate the components of physical fitness, including cardio respiratory fitness, muscular strength, endurance and flexibility, into a personal lifetime fitness program.

Course Objectives

- 1. Define cross training as a means of developing and maintaining physical fitness.
- 2. Successfully complete basic physical fitness tests.
- 3. Identify the values of cross training.
- 4. Describe how cross training is important in developing and maintaining the fitness components of cardio respiratory fitness, muscular strength endurance, and flexibility.
- 5. Identify the components of physical fitness.
- 6. Incorporate concepts of physical fitness into daily lives.
- 7. Evaluate personal physical fitness level.
- 8. Recognize minor injuries verses regular muscles soreness

Lecture Content

I. Class orientation including values of cross training
 Orientation to facilities
 Assess student needs
 Special needs and precautions (medical clearances and pre-existing conditions)
 Define fitness componentsII.
 Explain target pulse rate
 Administer pre-test:
 1.5 mile walk/run; flexibility test (sit and reach); sit-ups (1 minute); push-ups (1 minute); strength; strength endurance; record and explain resultsIII.
 Discuss benefits of exercise
 Explain and begin keeping individual journals
 Hand out suggested activity chartIV.
 Orientation to physical performance lab and testing
 Distance/timed runV.
 Introduction to nutrition VI.
 Diary of nutritional intake
 Stretch; sit-ups/push-ups; jog 1 mile; sprints; introduction to stadium sprints; warm down; weight training circuitVII.
 Review exercise principles and benefits
 Stretch; sit-ups/push-ups; aerobics high impact; jog .5 mile; weight training circuit; weight training (new) circuitVIII.
 Discuss community resourcesIX.
 Increase mileage/increase weight/increase repetition
 Taking the course four times enhances skills by supervised repetition.

Lab Content

After lecture, students will participate in a variety of activities, including: Cardiovascular training Running, Swimming Rowing Strength Training Weight lifting Body weight exercises Flexibility exercises

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture; application of ideas; discussion; individual exercises; instructor feedback

Reading Assignments

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

Writing Assignments

Fitness journal; nutrition journal; written examinations; fitness prescription

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings. Fitness journal; nutrition journal; written examinations; fitness prescription

Demonstration of Critical Thinking

Daily/weekly activity fitness journal; written weekly nutrition journal; physical performance pre- and post-tests; written examinations; design personal fitness prescription; written evaluation

Required Writing, Problem Solving, Skills Demonstration

Daily/weekly activity fitness journal; written weekly nutrition journal; physical performance pre- and post-tests; written examinations; design personal fitness prescription; written evaluation

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.

Other Resources

1. Selected handout materials to be provided and distributed by the instructor.