



KINE 103 - Fitness for Life Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616630

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 103

Course Title Fitness for Life

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE.

Units 1.5

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction Entirely Online

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Online introductory fitness class designed to learn the fundamentals of an overall fitness program, including setting goals, strength and fitness evaluation, body composition, target heart rate, resistance training, flexibility training, relaxation training and dietary awareness. Students will be required to develop and evaluate an individualized exercise plan.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health.
- B. Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle
- C. Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport.
- D. Students will acquire knowledge and demonstrate skills to safely engage in physical activity.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Develop an individualized fitness plan.
- B. Test and measure various physiological responses to exercise.
- C. Develop and evaluate a dietary program that will support fitness.
- D. Utilize psychological concepts to provide development and continued motivation for lifetime fitness.
- E. Implement the F.I.T.T. principles into their personal fitness program.
- F. Develop a fitness plan that is safe.
- G. Demonstrate various exercise methods.
- H.

3. Course Content

- A. Components of a personal fitness program
- B. Setting goals for a fitness program
- C. establishing target heart rate and evaluation
- D. Body Composition and measurement
- E. Physical strength measurement
- F. Cardiovascular fitness and measurement
- G. Resistance training
- H. Pilates
- I. Interval training

- J. Yoga
- K. Flexibility training
- L. Relaxation exercise
- M. Developing a Dietary plan for fitness
- N. Motivational aspects of fitness
- O. F.I.T.T principles

4. Methods of Instruction:

Activity: Students will be engaged in activities such as fitness evaluation, Body composition analysis, establishing and measuring target heart rate

Critique: Students will be required to critique and evaluate their individual fitness plan.

Distance Education: Students will be required to complete all assignments online

Lab: Students will be required to complete physical strength and fitness evaluation, complete the Presidents Fitness Challenge, complete Exercise Personality Assessment

Lecture: Students will have online reading assignments and reading assignments developed from the text.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- Multiple choice and short answer

Class Work -- fitness and dietary log

Home Work -- Research popular fitness question to establish validity

Lab Activities -- fitness activities that will measure fitness: including cardiovascular, strength, flexibility

Final Exam -- written exam with multiple choice questions.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

1. Students must research in popular media fitness myths and health practices and must discuss on weekly discussion boards.

2. Students must read assigned text.

B. Writing Assignments

1. Students must maintain a dietary and fitness log.

2. Students must set written fitness goals.

3. Students must post fitness questions on Discussion board.

4. Students must participate in weekly evaluation of activities

C. Other Assignments

1. Students must develop and participate in personal fitness evaluation including Cardiovascular, strength, interval, flexibility and Pilates/yoga.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Baldwin

Title: efitness 365

Publisher: Kendall Hunt

Date of Publication: 2011

Edition: 1st

B. Other required materials/supplies.