



KINE 115 - Cross Training Course Outline

Approval Date: 04/11/2019

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000615977

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 115

Course Title Cross Training

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

Rationale for adding this course to the curriculum Provides a holistic course for busy students seeking a well-rounded workout. "Gateway" course allowing students to experience a variety of single subject KINE courses.

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 25

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

NVC General Education:

Physical Education/ Health Education

Approved on: Spring 2020

CSU GE Area E: Lifelong Understanding and Self-Development:

2 - Activity

Approved on: Spring 2020

UC Transferable:

UC Transferable

Approved on: Spring 2020

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog A fitness course covering the full spectrum of physical fitness exercises

Description (cardio-respiratory endurance, muscle strength and endurance, flexibility, balance, core) utilizing the industry's up-to-date principles and latest techniques.

Schedule This course provides the full spectrum of physical fitness exercises utilizing

Description the fitness industry's contemporary trends, techniques and principles.

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. Perform physical exercises from a variety of fitness training systems.
- B. Identify components of physical fitness.

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

- A. Perform fitness exercises.
- B. Understand fitness components of cardio-respiratory endurance, muscle strength and endurance, flexibility, balance and the effect of exercise on body composition.
- C.

3. Course Content

- A. Cardio-respiratory exercises
- B. Muscular strength exercises
- C. Muscular endurance exercises
- D. Flexibility exercises
- E. Core and balance exercises
- F. FITT principles for exercises
- G. Theory of exercise to enhance body composition and health

H.

4. Methods of Instruction:

Activity: Participate in exercise class

Critique: Assessment and correction of exercise technique

Lecture: Lecture on components of physical fitness

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 -- written test on fitness principles

Class Participation -- physical participation

Home Work -- reading and writing on fitness principles and techniques

Final Class Performance -- Measure performance / fitness improvement

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

Read section II, chapter 4: The Health Benefits of Physical Activity.

Read section III, chapter 7: Moving from Inactivity to Moderate-Intensity Active Lifestyle.

B. Writing Assignments

Journal entries after each workout.

Describe the FITT formula and explain each component.

C. Other Assignments

Exercise and fitness improvement journal.

7. Required Materials

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

Book #1:

Author: Corbin, C.,G.Welk, W.Corbin, K.Welk

Title: Concepts of Fitness And Wellness: A Comprehensive Lifestyle Approach

Publisher: McGraw-Hill Education

Date of Publication: 2015

Edition: 11

B. Other required materials/supplies.