

KINE-115: CROSS TRAINING

Justification for this inactivation request

Unable to fill/offer

Effective Term

Fall 2026

CC Approval

08/22/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

115

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Cross Training

Short Title

Cross Training

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course Description

A fitness course covering the full spectrum of physical fitness exercises (cardio-respiratory endurance, muscle strength and endurance, flexibility, balance, core) utilizing the industry's up-to-date principles and latest techniques.

SECTION C - Conditions on Enrollment**Open Entry/Open Exit**

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**SECTION D - Course Standards****Is this course variable unit?**

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:

1. Perform physical exercises from a variety of fitness training systems.
2. Identify components of physical fitness.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

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

Course Content

1. Cardio-respiratory exercises
2. Muscular strength exercises
3. Muscular endurance exercises
4. Flexibility exercises
5. Core and balance exercises
6. FITT principles for exercises
7. Theory of exercise to enhance body composition and health.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Participate in exercise class
Lecture	Lecture on components of physical fitness
Other	Assessment and correction of exercise technique

Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Written test on fitness principles
Class Participation	Physical participation
Homework	Reading and writing on fitness principles and techniques
Performances	Final Class Performance - Measure performance / fitness improvement

Assignments

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.

Writing Assignments

Journal entries after each workout.

Describe the FITT formula and explain each component.

Outside-of-Class Assignments

Exercise and fitness improvement journal.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

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

Title

Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach

Edition/Version

11th

Publisher

McGraw-Hill Education

Year

2015

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000615977

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No