



## KINE 104 - Fitness Training for Success Course Outline

Approval Date: 05/14/2020

Effective Date: 08/13/2021

### SECTION A

**Unique ID Number** CCC000619083  
**Discipline(s)** Physical Education  
**Division** Kinesiology & Athletics  
**Subject Area** KINESIOLOGY  
**Subject Code** KINE  
**Course Number** 104  
**Course Title** Fitness Training for Success  
**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational  
**Rationale for adding this course to the curriculum** This course is designed to integrate fundamentals of classroom success with fitness success, as determined by participation in a 10 K race.  
**Units** 1.5  
**Cross List** N/A  
**Typical Course Weeks** 18  
**Total Instructional Hours**

	<b>Contact Hours</b>
<b>Lecture</b>	0.00
<b>Lab</b>	0.00
<b>Activity</b>	54.00
<b>Work Experience</b>	0.00
<b>Outside of Class Hours</b>	27.00

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**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** On-Campus

## SECTION B

### General Education Information:

## SECTION C

### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** Course combines learning skills necessary to succeed in college with the skills needed to successfully complete a 10K race.

**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 understand the basic principles of anatomy, physiology and bio mechanics and apply the knowledge to movement activity.
- B. Student will learn basic life skills and will apply to fitness activity.

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

- A. Develop a time management plan and will apply to training and completing a race as well as successfully completing academic coursework.
- B. Set long and short-term goals for classroom and race training success
- C. Prioritize commitment and obligations
- D. Identify and incorporate effective study skills into training skills.
- E. Develop personal management tools that support academic success and race training success.
- F. Challenge their fitness level through cardiovascular training.
- G. Develop a race training schedule.
- H. Establish a written race strategy that demonstrates organization, details, and adjustments to training.
- I. Successfully complete a 10K race.
- J.

#### 3. Course Content

Identify Strengths to Maximize Success:

Goal Setting: long term and short term: apply classroom success techniques to race training and strategy.

Determining and choosing what race is appropriate for you. Determine how process works for choosing academic classwork.

Identify components needed for success:

1. Determining what does it take to be successful on the race course and the classroom

2. Race Training: identify training sites, hours of training, resources to assist in training, analysis of running technique

Assemble Tools:

Classroom: Day Planner, Books, Library

Athletic Equipment: proper shoes, attire, cold and hot weather gear, hydration tools, nutritional aids, training locations determine training details

Plan for Success:

Goal setting- how to establish race and training goals

Organize and prioritize-set timeline and organize training to meet goals

Attention to dates

Small bites to big success- learn both the long view and short view

Special needs:

Making adjustments

Taking advantage of resources

Importance of Taking Part in Class/ Training

Details are the key

Communication

Questions are important

Taking Notes and Recording Results

Monitor progress- importance of record keeping and tracking of results

Set Standards

Time Management- how to train efficiently and effectively on the race course and classroom

Persistence:

Techniques for dealing with setbacks and constant re-evaluation of classroom and training goals.

#### Good Habits Impact Success

Nutrition-how to fuel for success

Sleep and positive and negative impacts on performance

Staying healthy and injury prevention

Staying engaged in the classroom

#### School/Training Balance

Getting Involved/Connecting with others to build support system

Techniques for Dealing with Stress

Achievement

Assessing past to set future goals

#### **4. Methods of Instruction:**

**Activity:** Students will be required to develop tools for time management: such as to- do lists and prioritization of activities and training schedule.

**Lecture:** Students will receive lectures covering the various topics: time management, study skills, race preparation, stress management, goal setting, planning for success, running techniques and race strategy

**Online Adaptation:** Activity, Discussion, Individualized Instruction, Journal, Lecture

**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 -- Identify 3 study skills that can be utilized in race training. Explain how you will use the classroom skills to develop your strategy for race day.

Portfolios -- Develop a training log with analysis of training schedule and event preparation. Portfolio will include to-do lists that will be directed to keep the student on target to reach their goals.

Home Work -- Required to maintain a nutrition log and analysis. Students will be required to develop a time log that will keep them focused on reaching their goals in the classroom as well as the race course.

Final Class Performance -- student will be required to compete in a 10K race approved by the instructor

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 time management skills and tools.
2. Students must read assigned texts.

B. Writing Assignments

1. Students must maintain a study and training log.
2. Student must set and track study and training goals.
3. Students must participate in assigned writing tasks involving successful study skill and tactics.

C. Other Assignments

Students must develop and participate in a study skill program and 10 K race participation. Students will be required to compete in a 10 Kilometer race.

**7. Required Materials**

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

Book #1:

Author: Sambal, Marni  
Title: 365 Running Journal  
Publisher: Rockridge press  
Date of Publication: 2019  
Edition: 1st

**B. Other required materials/supplies.**