

# KINE-103: FITNESS FOR LIFE

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**Effective Term**

Fall 2020

**BOT Approval**

02/13/2020

**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**

103

**Department**

Kinesiology

**Division**

Kinesiology & Athletics

**Full Course Title**

Fitness for Life

**Short Title**

Fitness for Life

**CB03 TOP Code**

1270.00 - Kinesiology

**CB08 Basic Skills Status**

NBS - Not Basic Skills

**CB09 SAM Code**

E - Non-Occupational

**Rationale**

Changing subject code to KINE.

**SECTION B - Course Description**
**Catalog Course 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.

**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                    |

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

| Upon satisfactory completion of the course, students will be able to: |                                                                                                                                                                 |
|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.                                                                    | Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health.                              |
| 2.                                                                    | Students will understand the principles of lifetime fitness and will incorporate fitness activities into a healthy and active lifestyle.                        |
| 3.                                                                    | Students will demonstrate and value knowledge of psychological and sociological concepts, principles, and strategies that apply to physical activity and sport. |
| 4.                                                                    | Students will acquire knowledge and demonstrate skills to safely engage in physical activity.                                                                   |

**Course Objectives**

| Upon satisfactory completion of the course, students will be able to: |                                                                                                      |
|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 1.                                                                    | Develop an individualized fitness plan.                                                              |
| 2.                                                                    | Test and measure various physiological responses to exercise.                                        |
| 3.                                                                    | Develop and evaluate a dietary program that will support fitness.                                    |
| 4.                                                                    | Utilize psychological concepts to provide development and continued motivation for lifetime fitness. |
| 5.                                                                    | Implement the F.I.T.T. principles into their personal fitness program.                               |
| 6.                                                                    | Develop a fitness plan that is safe.                                                                 |
| 7.                                                                    | Demonstrate various exercise methods.                                                                |

**Course Content**

1. Components of a personal fitness program
2. Setting goals for a fitness program
3. Establishing target heart rate and evaluation
4. Body Composition and measurement
5. Physical strength measurement
6. Cardiovascular fitness and measurement
7. Resistance training
8. Pilates
9. Interval training
10. Yoga
11. Flexibility training
12. Relaxation exercise
13. Developing a Dietary plan for fitness
14. Motivational aspects of fitness
15. F.I.T.T principles

**Methods of Instruction****Methods of Instruction**

| Types    | Examples of learning activities                                                                                                                                     |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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.                                                                                   |
| 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.                                                                      |

**Online Adaptation**

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

**Instructor-Initiated Online Contact Types**

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

**Student-Initiated Online Contact Types**

Discussions  
 Group Work

**Course design is accessible**

Yes

## Methods of Evaluation

### Methods of Evaluation

| Types               | Examples of classroom assessments                                                              |
|---------------------|------------------------------------------------------------------------------------------------|
| Exams/Tests         | Multiple choice and short answer<br>Final Exam - written exam with multiple choice questions.  |
| Class Participation | Fitness and dietary log                                                                        |
| Homework            | Research popular fitness question to establish validity.                                       |
| Lab Activities      | Fitness activities that will measure fitness: including cardiovascular, strength, flexibility. |

## Assignments

### 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.

### 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.

### Outside-of-Class Assignments

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

## SECTION F - Textbooks and Instructional Materials

### Material Type

Textbook

### Author

Baldwin

### Title

efitness 365

### Edition/Version

1st

### Publisher

Kendall Hunt

### Year

2011

## SECTION G - Diversity, Equity and Inclusivity

### Course Codes (Admin Only)

#### CB00 State ID

CCC000616630

#### 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