

KINE-104: FITNESS TRAINING FOR SUCCESS

Justification for this inactivation request

Course not offered in 3 years.

Effective Term

Fall 2025

CC Approval

11/01/2024

AS Approval

11/14/2024

BOT Approval

11/21/2024

COCI Approval

03/12/2025

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

104

Department

Kinesiology

Division

KINE

Full Course Title

Fitness Training for Success

Short Title

Fitness Training for Success

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

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

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?
Hybrid	Emergency Only

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Students will understand the basic principles of anatomy, physiology and biomechanics and apply the knowledge to movement activity.
2.	Student will learn basic life skills and will apply to fitness activity.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Develop a time management plan and will apply to training and completing a race as well as successfully completing academic coursework.
2.	Set long and short-term goals for classroom and race training success.
3.	Prioritize commitment and obligations.
4.	Identify and incorporate effective study skills into training skills.

5. Develop personal management tools that support academic success and race training success.
6. Challenge their fitness level through cardiovascular training.
7. Develop a race training schedule.
8. Establish a written race strategy that demonstrates organization, details, and adjustments to training.
9. Successfully complete a 10K race.

Course Content

1. Identify Strengths to Maximize Success:
 - a. Goal Setting, long term and short term, apply classroom success techniques to race training and strategy.
 - b. Determining and choosing what race is appropriate for you. Determine how process works for choosing academic classwork.
 - c. Identify components needed for success:
 - i. Determining what it takes to be successful on the racecourse and in the classroom.
 - ii. Race Training: identify training sites, hours of training, resources to assist in training, analysis of running technique.
2. Assemble Tools:
 - a. Classroom: Day Planner, Books, Library
 - b. Athletic Equipment: proper shoes, attire, cold and hot weather gear, hydration tools, nutritional aids; training locations determine training details.
3. Plan for Success:
 - a. Goal setting - how to establish race and training goals.
 - b. Organize and prioritize-set timeline and organize training to meet goals.
 - c. Attention to dates.
 - d. Small bites to big success - learn both the long view and short view.
4. Special needs:
 - a. Making adjustments
 - b. Taking advantage of resources
5. Importance of Taking Part in Class/ Training
 - a. Details are the key.
 - b. Communication
 - c. Questions are important.
6. Taking Notes and Recording Results
 - a. Monitor progress - importance of record keeping and tracking of results.
 - b. Set Standards
7. Time Management - how to train efficiently and effectively on the racer course and in the classroom.
8. Perseverance:
 - a. Techniques for dealing with setbacks and constant re-evaluation of classroom and training goals.
9. Good Habits Impact Success
 - a. Nutrition - how to fuel for success.
 - b. Sleep and positive and negative impacts on performance
 - c. Staying healthy and injury prevention
 - d. Staying engaged in the classroom
10. School/Training Balance
11. Getting Involved/Connecting with others to build support system
12. Techniques for Dealing with Stress
13. Achievement
 - a. Assessing past to set future goals

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	
Lecture	

Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	
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

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
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.
Homework	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 racecourse.
Performances	Final Class Performance - student will be required to compete in a 10K race approved by the instructor.

Assignments**Reading Assignments**

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

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.

Outside-of-Class 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.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Sambal, Marni

Title

365 Running Journal

Edition/Version

1st

Publisher

Rockridge press

Year

2019

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****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