

CURRICULUM**Subject Code and Course Number:** KINT 101**Division :** Kinesiology Health and Athletics**Course Title :** PHYSICAL FITNESS ASSESSMENTS**Summarize the need/purpose/reason for this proposal**

Students will learn how to conduct fitness assessments utilizing the equipment in our Human Performance Lab. This course will be part of our Fitness instructor certificate. Students will also create personal fitness prescriptions.

SLOs (Student Learning Outcomes)

1. Develop a fitness prescription utilizing the F.I.T.T. principle and testing and measurement data.
2. Create an individualized nutritional plan.
3. Implement a holistic wellness plan utilizing the dimensions of wellness.

SPOs (Student Performance Objectives)

- 1a. Determine personal fitness level.
- 1b. Develop a personal health and fitness appraisal.
- 1c. Compile the personal guideline report using the appropriate baseline testing procedure.
- 1d. Develop a personal exercise prescription.
- 2a Identify areas for improvement in diet and exercise routine.
- 2b. Interpret the various ways in which nutrition is used as a vehicle for one's health and well being.
- 3a. Evaluate levels of improvement in specific areas of body composition, flexibility, muscular strength and endurance, and cardio respiratory efficiency.
- 3b. Apply the different testing and measurement methods of assessing body composition, cardiovascular endurance, strength, strength endurance and flexibility.

CCOs (Course Content Outline)**Lecture**

1. Orientation to wellness and assessment
2. How to perform assessments in body composition, flexibility, strength, cardiovascular endurance and strength endurance
3. Different methods of assessment
4. Standard errors when assessing
5. Test interpretation
6. Designing an activity plan based on the assessments
7. Designing a nutritional plan based on the assessments
8. Developing personal goal setting skills
9. Guidelines for an individual exercise prescription

10. Strategies for successful fitness program
11. How and when to re-assess

Lab

1. Health screening
2. Student assessment
3. Group health and fitness activities related to assessment
4. Developing fitness parameters based on assessment
5. Different methods of measuring baseline fitness assessment
6. Re-assessment and evaluation based on previous assessments
7. Implementing an activity plan based on the assessment outcome

Methods of Instruction

Lecture, reading assignments, demonstration, and discussion on fitness and nutrition topics.

Individual and group activities in the Human Performance lab to apply methods and content knowledge.

Methods of Evaluation of Student Performance

Interactive activities with active participation and class discussions and self evaluations.

Quizzes/examinations designed to assess students' ability to recall, critically analyze and apply key FITT concepts.

Self-evaluations and fitness prescriptions will be conducted based on testing and measurement data

Development of a personal exercise plan based on current fitness levels using the BOD POD and MICROFIT testing and measurement equipment.

Assignments

Write a paper on the interaction between nutrition and activity to improve body composition.

Write up a semester-long exercise and nutrition plan that will address improvement in body composition.

Perform baseline assessments in body composition (utilizing minimum of two methods), flexibility and strength on three students. Re-assess these same students every six weeks throughout the course.

Keep a personal semester-long journal showing physical activity plans designed and implemented.

Demonstrate the different methods of assessing body composition, flexibility, strength, muscular endurance and cardiorespiratory endurance on other students in the class.

TECHNICAL DETAILS

Catalog Description

Development of exercise prescriptions and nutrition plans to maintain or improve physical fitness level. Application of Physical Fitness Assessments on body composition, flexibility, muscular strength, and endurance. Total of 18 hours lecture and 18 hours laboratory.

Prerequisite(s)

Corequisite(s)

Recommended Preparation

Enrollment Limitations

Instructional Activities associated with TBA

Units : 1.0

CREDIT COURSE OUTLINE

Credit Type : D Credit – Degree Applicable

Maximum Course Units :	1
Minimum Course Units:	1
Computed Total Carnegie Units :	1.33
Course Unit Totals in Agreement? :	No
Course Units Carnegie Compliant by Type and Mode? :	Yes
Course Units Carnegie Compliant in Total?:	Yes

Total Course Hours by Type and Mode

COURSE HOURS	LECTURE	LAB	ACTIVITY
Scheduled Class Meetings	18	18	0
TBA Hours, Determinate Schedule	0	0	0
*Other Arranged Hours, Variable Schedule	0	0	0

(*Student is required to meet the same number of arranged hours each day or each week)

Override Computed Course Units if Necessary

COURSE HOURS	LECTURE	LAB	ACTIVITY
Scheduled Class Meetings	1	0.33	0
TBA Hours, Determinate Schedule	0	0	0
*Other Arranged Hours, Variable Schedule	0	0	0

Projected Student Registration and Attendance

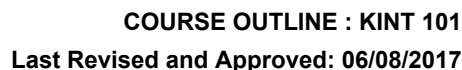
COURSE ATTENDANCE

Registration Capacity	30
Projected Census Enrollment [Total]	30
Projected Census Enrollment [Resident]	30
Projected Census Enrollment [NonResident]	1
Projected PA Hours [Total]	949
Projected PA Hours [Resident]	918
Projected PA Hours [NonResident]	31

COURSE VALUES (TOTAL)

	Scheduled Class Hours			Regular TBA Hours			Variable Arranged Hours			
	LEC	LAB	ACTV	LEC	LAB	ACTV	LEC	LAB	ACTV	TOTALS
Course Hours	18	18	0	0	0	0	0	0	0	36
Course Units	1	0.33	0	0	0	0	0	0	0	1.33
Load Factor	1	0.75	0.7143	1	0.75	0.7143	1	0.75	0.7143	
LHE	1	0.75	0	0	0	0	0	0	0	1.75
FTEF	0.0667	0.05	0	0	0	0	0	0	0	0.12

STUDENT AND FACULTY WORKLOADS (WEEKLY, FULL-TERM)



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--FOR COMPLETE OUTLINE OF RECORD SEE PCC WEBCMS DATABASE--
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- ☐ B - Course for grade or pass/no pass
- ☐ E - CE - By Exam
- ☐ U - NG - Non-Graded course
- ☐ N - Non-Credit course
- ☐ P - Course taken for pass/no pass
- ☐ L - Course taken for letter grade only
- ☐ A - Audit

COURSE APPLICABILITY, TRANSFER AND ARTICULATION

Course Credit Status: **D Credit – Degree Applicable**

State Transfer Code: **C1 Not Transferable, AA/AS Degree**

State Classification Code: **I Career-Technical Education**

Basic Skills Status/Level: **Y NA**

☐ Aligns with C-ID Descriptor

Purpose of Course

- ☐ UC Transferable
- ☐ IGETC Area: Specify Area
- ☐ Gen Ed. Local AA degree: Please specify
- ☐ AA/AS Diversity Requirement in:
 - ☐ Global Studies
 - ☐ Ethnic & Gender Studies
 - ☐ Other: Please specify
 - ☐ CareerTech Certificate: Indicate name of Certificate(s)

REPRESENTATIVE TEXTBOOKS OR OTHER MATERIALS

Book 1 Author : Heyward, Vivian
Title : Advanced Fitness Assessment and Exercise Prescription
Publisher: Human Kinetics
Date of Publication: 2014
Edition: 7th

Other materials and/or supplies required of students:

Supplemental material will be provided by the instructor as needed

RESOURCES & DEPARTMENT PLANNING

Additional Resources Needed:

No impact.

Facilities Needed to Teach this Course:

Human Performance Lab GM 107

Equipment Needed to Teach this Course:

none

PROGRAM APPLICABILITY

Program Information

- ☐ In an approved program.
- ☒ Part of a new program.
- ☐ Not part of an approved program.

Program Category

- ☐ General Education
- ☒ Career and Technical Education Program
- ☐ Noncredit Program

Instructional Methods

- ☒ Lecture
- ☒ Lab
- ☒ Lecture & Lab
- ☐ Distance Ed / Online Course
- ☐ Work Experience
- ☐ Independent Study
- ☐ TBA

TOP Code Information

Program title - TOP Code: **083500 Physical Education**

SAM Code

- ☐ A - Apprenticeship course (Courses offered to apprentices only.)
- ☐ B - Advanced occupational (Courses taken in the advanced stages of an occupational program. Each "B" level course must have a "C" level prerequisite in the same program area.)

- ☐ C - Clearly occupational (Courses taken in the middle stages of an occupational program. Should provide the student with entry-level job skills.)
- ☐ D - Possibly occupational (Courses taken in the beginning stages of an occupational program.)
- ☒ E Non-occupational

NON CREDIT ONLY**Funding Category**

- ☐ A English as a Second Language
- ☐ B Immigrant Education
- ☐ C Elementary & Secondary Education
- ☐ D Health & Safety Education
- ☐ E Education Programs for Persons with Substantial Disabilities
- ☐ F Parenting Education
- ☐ G Family & Consumer Sciences
- ☐ H Education Programs for Older Adults
- ☐ I Short-term Vocational Programs With High Employment Potential
- ☐ J Workforce Preparation Enhanced Funding
- ☐ K Other Non-Credit Enhanced Funding
- ☐ L Non-enhanced Funding