



KIN 51 - Butte Fitness and Wellness Center

Catalog Description

Transfer Status: CSU/UC

Unit(s): 0.50-1.50

Lab: 25.50-76.50 Contact hours/0.00-0.00 Out of class hours/25.50-76.50 Total hours/0.50-1.50 Unit(s)

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Course Description: This course provides each student with an individualized fitness program. A flexible workout schedule supports each student's academic coursework. The fitness center encourages participation at the student's level of fitness and allows for gradual progress toward a lifetime commitment to fitness and wellness. This course may be repeated to a maximum of 1.50 units to complete the entire curriculum of the course. Pass/No Pass only. Open Entry/Open Exit.

Objectives

Upon successful completion of this course, the student should be able to:

1. demonstrate and assess the safe use of all equipment.
2. explain the importance of monitoring blood pressure.
3. calibrate and identify a target heart rate.
4. identify and describe the five components of physical fitness.
5. design a personal fitness program that incorporates the five components of physical fitness.

Course Content

Topic Titles / Suggested Time Topic	
	<u>Lab</u>
<u>Topics</u>	<u>Lab Hrs</u>
Orientation	1.00
Fitness Pre Test	1.00
Personal Fitness Evaluation	1.00
Individualized Workouts	17.50
Anatomical Terminology & Fitness Guide	4.00
Fitness Post Test	1.00
Total Hours:	25.50

Methods of Instruction

- A. Demonstrations
- B. Instructor Demonstrations
- C. Multimedia Presentations
- D. One-on-one Personal Fitness Evaluations
Anatomical Terminology & Fitness Guide

Methods of Evaluation

- A. Class participation
- B. Written or Oral Examinations
- C. Practical Evaluations
- D. Short papers
- E. Pre and post fitness testing on six parameters:
 1. Blood pressure
 2. Resting heart rate
 3. Muscular endurance
 4. Cardiovascular fitness
 5. Flexibility

Examples of Assignments

Reading Assignments

1. Read an article on cardiovascular fitness. Be prepared to discuss your reading with the instructor.
2. Read the literature on creatine and describe the pros and cons associated with this supplement.

Writing Assignments

1. Locate and read an article about current trends in the fitness world. Write a one-page summary of the article.
2. Maintain a journal documenting progression in your personal fitness growth.

Out-of-Class Assignments

1. Not applicable

Recommended Materials of Instruction

Other Learning Materials

Student Handbook--"Butte Fitness & Wellness Center Manual"

Orientation - Video Presentation

Athletic Apparel

Athletic Shoes

Minimum Qualifications

Coaching

Physical Education (Masters Required)

Created/Revised by: Maday, Randy

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