

KIN M18: FOUNDATIONS OF FITNESS

Originator

jkreil

Co-Contributor(s)
Name(s)

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College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M18

Course Title (CB02)

Foundations of Fitness

Banner/Short Title

Foundations of Fitness

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M91

Catalog Course Description

Provides foundational information for fitness enthusiasts and those interested in pursuing a career as a fitness professional. Introduces muscular, cardiorespiratory, and other physiological systems essential for application to program design and its specificity to training goals. Includes muscular, neural, and skeletal anatomy in relation to proper movement, with the purpose of applying safe and effective exercise program design.

Additional Catalog Notes

Provides preparation for personal trainer certification exam.

Taxonomy of Programs (TOP) Code (CB03)

0835.20 - *Fitness Trainer

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

B (Transferable to CSU only)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

C - Clearly Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

52.5

Maximum Contact/In-Class Lecture Hours

52.5

Activity**Laboratory****Total in-Class****Total in-Class****Total Minimum Contact/In-Class Hours**

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class**Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Minimum Outside-of-Class Hours**

105

Maximum Outside-of-Class Hours

105

Total Student Learning**Total Student Learning****Minimum Units (CB07)**

3

Maximum Units (CB06)

3

Advisories on Recommended Preparation

KIN M16 OR KIN M17

Requisite Justification**Requisite Type**

Recommended Preparation

Requisite

KIN M16 OR KIN M17

Requisite Description

Course not in a sequence

Level of Scrutiny/Justification

Content review

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

1 apply program design concepts to become a certified personal trainer and become employed.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|----|---|
| 1 | apply integrated anatomy to postural assessment and program design. |
| 2 | define the basic principles of exercise. |
| 3 | differentiate among common postural dysfunctions. |
| 4 | describe the effects of exercise on injury and health. |
| 5 | define the program components contained within the Optimum Performance Training model template. |
| 6 | create stabilization, strength, and power for programs for a variety of fitness goals. |
| 7 | describe a variety of health and fitness assessments and their application to various goals. |
| 8 | describe basic nutrition principles. |
| 9 | describe the role of nutrition and various compounds on exercise and sports performance. |
| 10 | describe effective behavior modification strategies. |

Course Content

Lecture/Course Content

- **(20%) - Exercise science principles**
 - apply integrated anatomy to postural assessment and program design.
 - define the basic principles of exercise.
- **(40%) - Program design**
 - create stabilization, strength, and power for programs for a variety of fitness goals.
- **(20%) - Fitness assessment**
 - describe the effects of exercise on injury and health.
 - differentiate among common postural dysfunctions.
 - describe a variety of health and fitness assessments and their application to various goals.
- **(10%) - Nutrition**
 - describe basic nutrition principles.
 - describe the role of nutrition and various compounds on exercise and sports performance.
- **(10%) - Behavior modification**
 - describe effective behavior modification strategies.

Laboratory or Activity Content

n/a

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
 Skills demonstrations
 Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Individual projects
 Laboratory activities
 Laboratory reports
 Objective exams
 Projects
 Problem-solving exams
 Participation
 Quizzes
 Role playing
 Skills demonstrations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations

Collaborative group work
 Class activities
 Class discussions
 Case studies
 Distance Education
 Demonstrations
 Field experience/internship
 Field trips
 Group discussions
 Guest speakers
 Instructor-guided interpretation and analysis
 Instructor-guided use of technology
 Laboratory activities
 Lecture
 Role-playing
 Small group activities

Describe specific examples of the methods the instructor will use:

- Case study assignments- requiring postural assessment and exercise programming
- Partner training labs- fitness assessment, flexibility programming, application of the NASM OPT model

Representative Course Assignments

Writing Assignments

- Develop exercise program for athletes
- Develop exercise program for client with low back pain.
- Develop exercise programs for those with postural dysfunctions.

Critical Thinking Assignments

- Final case study project
- Power-level client case study
- Strength-level client case study
- Stabilization-level client case study

Reading Assignments

- Read IDEA fitness journals
- Read PTontheNet articles

Skills Demonstrations

- Skin fold measurements
- Circumference measurements
- Administering Davies test
- Administering Shark Skill test
- Administer Overhead Squat assessment
- Administer Single Leg Squat assessment

Outside Assignments

Representative Outside Assignments

- Conduct postural assessments
- Program design case studies
- Final project case study

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU Los Angeles	KIN 2250	Principles of Physical Fitness	3

Comparable Courses within the VCCCD

KIN V85 - Personal Fitness Training for Certification: NASM CPT PREP

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Pierce College	KIN 254	Essentials of Fitness Training	5
College of the Redwoods	KINS 66	Concepts of Physical Fitness	3

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Bacalaureate List effective term:

F1996

CSU GE-Breadth**Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****Area F: Ethnic Studies****CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****IGETC****Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

DescriptionCoburn, Jared, and Moh Malek, editors. *National Strength and Conditioning Association's (NSCA's) Essentials of Personal Training*. 2nd ed., Human Kinetics, 2012.**Resource Type**

Textbook

DescriptionNational Academy of Sports Medicine. *NASM Essentials of Personal Fitness Training*. 7th ed., Jones and Bartlett Learning, 2020.**Library Resources****Assignments requiring library resources**

Research using the Library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Using the Library's print and online resources, research topics such as:

- economic impact due to chronic disease
- efficacy of dietary supplement use
- impact of diabetes
- justification for use of multiple vitamin and mineral formula

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	-Postural analysis -Justification for phasic training methods
E-mail	mail, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Other DE (e.g., recorded lectures)	-Narrated lectures -Embedded videos for analysis

Hybrid (51%–99% online) Modality:

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100% online Modality:

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Examinations

Hybrid (1%–50% online) Modality

Online

Hybrid (51%–99% online) Modality

Online

Primary Minimum Qualification

PHYSICAL EDUCATION

Additional local certifications required

Current NCCA fitness certification, preferably National Academy of Sports Medicine

Review and Approval Dates

Department Chair

09/30/2020

Dean

10/15/2020

Technical Review

10/29/2020

Curriculum Committee

MM/DD/YYYY

DTRW-I

11/12/2020

Curriculum Committee

MM/DD/YYYY

Board

12/15/2020

CCCCO

01/13/2020

Control Number

CCC000598823

DOE/accreditation approval date

MM/DD/YYYY

