

KIN M34: BODY CONDITIONING BOOT CAMP

Originator

vmanakas

College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M34

Course Title (CB02)

Body Conditioning Boot Camp

Banner/Short Title

Body Conditioning Boot Camp

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M10

Catalog Course Description

Introduces boot camp style methods for total body conditioning designed to improve cardiovascular and muscle endurance, muscular strength, agility, and flexibility. Provides a wide-range of fitness activities with interval training. Includes both indoor and outdoor fast-paced activities over a variety of terrain, and emphasizes functionality that can enhance performance in everyday activities or sports. Allows activities to be adapted to varied levels of ability and fitness.

Additional Catalog Notes

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-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

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

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

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

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

- | | |
|---|--|
| 1 | demonstrate proper basic movement skills for cardiovascular and muscular conditioning. |
| 2 | demonstrate improved fitness by increasing distance during the 12 minute run fitness test. |

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

- | | |
|---|--|
| 1 | identify the primary fitness components applied in this course and the type of activities that contribute to developing these components. |
| 2 | identify and apply heart rate response for monitoring exercise intensity. |
| 3 | apply proper use of equipment and movement modifications in order to receive safe and effective cardiovascular and muscular conditioning specific to individual skill level and abilities. |
| 4 | demonstrate the ability to work as a team member to complete physical tasks and identify the benefits of being able to work with others in a group setting. |
| 5 | develop strategies to maintain lifelong, healthy habits/behavior. |
| 6 | evaluate, modify, and implement a fitness program using the resources and information provided in this course. |
| 7 | identify and define the core topics in the field of kinesiology as to Boot Camp. |

Course Content**Lecture/Course Content**

n/a

Laboratory or Activity Content

1. (10%) Methods, benefits, and application of agility training for lifelong fitness and enhanced well-being
2. (10%) Concepts and skills of progressive resistance implementing supplemental equipment or features of varied terrain using training principles of specificity, overload, and progression
3. (10%) Implementing techniques for cardiovascular conditioning to achieve proper intensity and gradual increase

4. (10%) Proper selection, use, and care of supplementary equipment
5. (10%) Conditioning effects implementing the movement planes and varied speed of movement.
6. (10%) Application of interval training methods and benefits of cardiovascular and muscular circuit training
7. (10%) Concepts and application of sport psychology for individual and team boot camp activities
8. (10%) Physiological responses during warmup, aerobic conditioning, muscular conditioning, and cool down periods of exercise
9. (10%) Structure and function of the musculoskeletal system and movement modifications for safety and comfort during exercise
10. (10%) Methods and applications for measuring and modifying cardiovascular exercise intensities

Methods of Evaluation

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

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):

Classroom Discussion
Individual projects
Journals
Oral analysis/critiques
Objective exams
Projects
Participation
Portfolios
Reports/Papers/Journals
Skills demonstrations
Skill tests or practical examinations

Instructional Methodology

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

Audio-visual presentations
Class activities
Class discussions
Distance Education
Demonstrations
Group discussions
Instructor-guided interpretation and analysis
Instructor-guided use of technology
Small group activities

Describe specific examples of the methods the instructor will use:

1. The instructor will physically demonstrate appropriate techniques of various exercises.
2. The instructor will provide feedback to critique and improve students movement patterns.

Representative Course Assignments

Writing Assignments

1. Maintain a personal exercise journal recording the workouts provided by the instructor.
2. Write a report on the benefits of the Tabata method.

Critical Thinking Assignments

1. Develop appropriate and specific individual fitness goals.
2. Create a high intensity interval training (HIIT) program
3. Compare and contrast the benefits of HIIT and the Tabata method to jogging.

Reading Assignments

1. Read articles chosen by the instructor regarding the Tabata method.
2. Research the science supporting boot camp type of programs.

Skills Demonstrations

1. Demonstrate safety precautions by engaging in modified exercises during boot camp programs.
2. Complete all exercises assigned by the instructor with proper form and technique.

Outside Assignments**Articulation****Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
CSU Fresno	KAC 48	Cardiovascular Boot Camp	1

Comparable Courses within the VCCCD

PE M10 - Shaping and Toning
PE R104A - Body Conditioning Boot Camp I

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Folsom College	FITNS 331	Boot Camp Fitness	1
Santa Barbara CC	PE 112A	Body Conditioning Boot Camp: Beginning	1

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****E2. Physical Education**

Approved

F. Ethnic Studies/Gender Studies**Course is CSU transferable**

Yes

CSU Baccalaureate List effective term:

F1995

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

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Approved

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

Description

Bishop, Jan Galen. *Fitness Through Aerobics*. 9th ed., Pearson, 2013.

Resource Type

Textbook

Description

Sharkey, Brian J., and Steven E. Gaskill. *Fitness and Health*. 7th ed., Human Kinetics, 2013.

Library Resources

Assignments requiring library resources

Acquire background information on topics relevant to the course by reading current articles in health and fitness periodicals located through the Library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Research the science supporting boot camp programs.

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)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, 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.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

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100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
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Examinations**Hybrid (1%–50% online) Modality**

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates

Department Chair

09/30/2020

Dean

10/15/2020

Technical Review

10/30/2020

Curriculum Committee

MM/DD/YYYY

DTRW-I

MM/DD/YYYY

Curriculum Committee

11/3/2020

Board

MM/DD/YYYY

CCCCO

11/19/2020

Control Number

CCC000522773

DOE/accreditation approval date

MM/DD/YYYY