

KIN M40: CARDIO STEP AND SCULPT

Originator

ablack

Co-Contributor(s)
Name(s)

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College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M40

Course Title (CB02)

Cardio Step and Sculpt

Banner/Short Title

Cardio Step and Sculpt

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M07

Catalog Course Description

Introduces a wide variety of movement skills integrating a STEP platform, aerobic intervals, and other techniques to improve cardiovascular endurance, muscular conditioning, agility, balance, and flexibility. Allows activities to be adapted to varied levels of ability and fitness. Applies to Associate Degree.

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

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 understand the core components to Kinesiology.

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

- | | |
|---|--|
| 1 | identify the five basic fitness components and apply appropriate activities for continued lifelong fitness and health. |
| 2 | assess personal fitness, apply movement skills, and test progress associated with cardiovascular and muscular conditioning, core stability, and flexibility. |
| 3 | assess exercise intensity in order to make personal choices and modifications as needed during exercise activities in order to receive optimal benefits. |
| 4 | demonstrate proper form and techniques for basic aerobic stepping skills and selected exercises specific muscle conditioning, core stability, and flexibility. |
| 5 | describe the role of an active lifestyle, and choose healthy eating and exercise behaviors enhancing overall well-being. |
| 6 | identify and define the core topics in the field of kinesiology as applied in this course. |

Course Content**Lecture/Course Content**

N/A

Laboratory or Activity Content

1. Introduction to the five fitness components, the basic exercise cycles warm-up, aerobic, muscle conditioning, cool down and stretching
2. Basic concepts of nutrition, healthy eating behaviors, body image, stress management, weight management, metabolic energy systems, wellness, holistic health
3. Functional integrated movement patterns, basic concepts of motor learning, neuromuscular conditioning, plyometrics, techniques implementing varied movement patterns and progressions

4. Concepts and practices of traditional aerobics, calisthenics, martial arts, dance, intervals, circuits, exercise stations, exploring techniques enhancing movement variety
5. Develop movement skills, integrate the STEP, stability ball, and body weight for cardiovascular conditioning, muscle conditioning, balance, agility, strength, and flexibility
6. Structure and function of the musculoskeletal system, alignment, posture, kinesthetic awareness, and movement techniques reducing impact and risks of injury
7. Safety guidelines of the STEP platform, free weights, elastic bands, stability balls, foam rollers, jump ropes, and any other equipment integrated into the activity sessions
8. Practice methods of measuring, sensing, and modifying exercise intensity, appraise personal fitness levels, application of specificity and overload, evaluate individual needs, setting goals and monitoring progress

Methods of Evaluation

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
 Objective exams
 Projects
 Problem-solving exams
 Participation
 Reports/Papers/Journals
 Skills demonstrations

Instructional Methodology

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

Distance Education

Representative Course Assignments

Writing Assignments

keep a journal to record self-evaluations and the tracking of personal progress.
 write personal response to specific movement tasks and lesson content.
 write responses to quizzes, and worksheets assessing comprehension of concepts introduced in this course.
 write goals reflecting desired outcomes and a personal action plan for achieving goals.

Critical Thinking Assignments

discuss the psychological and physiological health benefits of regular, vigorous exercise.
 design a self-guided workout using skills learned in class.
 choose activities and behaviors that are consistent with a healthy, active lifestyle.

Outside Assignments

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU San Bernardino	KIN 150C	Dance Activities: Step Aerobic	2
Humboldt State Univ.	PE 129	Power Step	1
Cal Poly San Luis Obispo	KINE 227	Aerobic Dance and Activities	2
Ventura College	KIN V14	Step Aerobics	1

Comparable Courses within the VCCCD

KIN V18 - Cardiovascular Fitness: Machine Training
 PE M07 - Cardio Sculpting

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****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

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

Textbook

DescriptionBishop, Jan Galen. *Fitness Through Aerobics*. 9th ed., Pearson, 2013.**Resource Type**

Textbook

Description

Mazzeo, Karen, and Lauren M. Mangili. *Fitness!* 5th ed., Cengage Learning, 2013.

Resource Type

Textbook

Description

Mazzeo, Karen S. *Fitness Through Aerobics, Step Training, and Walking.* 5th ed., Wadsworth, 2012.

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 psychological and physiological health benefits of regular, vigorous exercise.

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)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.

Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.
Other DE (e.g., recorded lectures)	Instructor may record workouts and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.

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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

MM/DD/YYYY

Dean

MM/DD/YYYY

Technical Review

MM/DD/YYYY

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

CCC000522772

DOE/accreditation approval date
MM/DD/YYYY