

KIN M52: CORE FITNESS WITH CARDIO

Originator

vmanakas

Co-Contributor(s)
Name(s)

Black, Adam (ablack)

College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M52

Course Title (CB02)

Core Fitness with Cardio

Banner/Short Title

Core Fitness with Cardio

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M40

Catalog Course Description

Introduces a variety of concepts and practices for muscular and cardiovascular conditioning, focusing on the core of the body. Presents movement skills using aerobics, body weight, balance or resistance props, and other appropriate techniques to enhance core and cardiovascular fitness, and weight management. 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 basic movement skills that activate the five primary actions of the core. |
|---|---|

Course Objectives

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

- | | |
|---|--|
| 1 | name the five components of fitness and identify the primary components that are developed with the techniques in this course. |
| 2 | restate the primary benefits and methods of engaging the core during cardiovascular, muscular conditioning, and daily activities. |
| 3 | measure and monitor exercise intensity and apply movement modifications in order to ensure safe and effective body conditioning specific to individual needs, skill-level and abilities. |
| 4 | distinguish changes in physical conditioning, movement skills, and healthy lifestyle behaviors. |
| 5 | identify and define the core topics in the field of kinesiology as applied in cardiovascular and muscular conditioning of the core of the body. |

Course Content

Lecture/Course Content

NA

Laboratory or Activity Content

1. (2%) Introduction to basic concepts and applied skills

- five components of fitness
 - principle of specificity
 - workout structure, warm-up, aerobic, cool-down, and stretching techniques
2. (6%) **Anatomy and function of the musculoskeletal system specific to the actions of the trunk of the body**
 3. (2%) **Concepts and applied skills for varied methods for calculating, monitoring, and modifying cardiovascular intensity**
 4. (5%) **Appraisal of personal fitness levels, and assessing individual needs**
 - criteria for establishing lifelong, healthy behaviors
 - developing personal goals
 - creating action plans
 - methods of monitoring personal progress for desired outcomes
 5. (8%) **Sensing and application of principles for regulating intensity during muscular conditioning**
 - movement quality and modifying movement for personal skills and abilities
 - gradual adaptation
 - overload
 - movement progressions
 6. (10%) **Exploring concepts and applied skills for enhancing body awareness**
 - stages of motor learning
 - sensing alignment
 - evaluating posture and gait
 - neuromuscular conditioning
 - functional integrated movement patterns with emphasis on core of the body
 7. (2%) **Proper use, care, and safety considerations for any equipment integrated into class movement activities**
 8. (20%) **Varied movement skills integrating, body weight, movement planes, appropriate equipment or varied terrain to enhance cardiovascular, muscular conditioning, mobility, and flexibility**
 9. (15%) **Functional integrated movement patterns with or without intervals**
 - pushing
 - pulling
 - lunging
 - squatting
 - walking
 9. (4%) **Body awareness, core conditioning, and applied ergonomics for daily activities, walking, sitting, standing, driving**
 10. 20% **Introduction and practice of varied traditional and contemporary core conditioning formats**
 - Pilates
 - Yoga
 - Feldenkrais
 - Alexander Technique
 - Foundation Training
 - Animal Flow
 - Cardio Dance
 - Chi Walking
 - High-Intensity Interval Training (HIT)
 - Natural Movement, or other appropriate core conditioning movement practices
 11. (6%) **Discuss basic concepts of healthy eating behaviors, posture, body image, stress management, metabolic energy systems, and wellness**

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
Group projects
Individual projects
Journals

Objective exams
 Projects
 Participation
 Portfolios
 Quizzes
 Reports/Papers/Journals
 Skills demonstrations

Instructional Methodology

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

Class activities
 Class discussions
 Distance Education
 Demonstrations

Describe specific examples of the methods the instructor will use:

1. Verbal explanation of concepts and application to skills.
2. Visual demonstrations of physical skills, supplemented with verbal and or physical cues for various actions, muscle activation, body sensations, and mental awareness.
3. Verbal cueing for directing and providing feedback of exercises without the presence of visual demonstrations.

Representative Course Assignments

Writing Assignments

1. Write a paper or responses to a worksheet reflecting desired outcomes and action plans for achieving personal goals, and tracking progress.
2. Complete written worksheets assessing comprehension of the core concepts in the field of kinesiology as applied in this course.
3. Keep a journal about specific topics discussed and/or movement skills practiced in class.

Critical Thinking Assignments

1. Design a self-guided exercise regime and a healthy eating strategy as part of a personal wellness program.
2. Develop and implement a combination of movement activities that enhance cardiovascular and muscular fitness specific to individual needs and goals.

Reading Assignments

1. Read printed educational supplements, or the electronic equivalent, provided through a web-based learning management system.
2. Review specific articles from the Internet or library resources related to course content such as the importance of developing cardiovascular fitness using movement patterns and conditioning.

Skills Demonstrations

1. Demonstrate a selection of individual skills or movement patterns contributing to cardiovascular conditioning.
2. Present a selection of individual skills or movement patterns contributing to core muscular conditioning.

Outside Assignments

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU Fullerton	KNES 144	Aerobic Exercise and Weight Control	1

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Cuesta College	KINA 214	Core Fitness with Cardio	1
Long Beach City College	KINPF 6	Cardio Fitness	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:

Fall 2007

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

Classic Textbook

No

DescriptionLe Corre, Erwan. *The Practice of Natural Movement: Reclaim Power, Health, and Freedom*. Victory Belt, 2019.**Resource Type**

Textbook

Classic Textbook

No

DescriptionBowman, Katy. *Move Your DNA: Restore Your Health Through Natural Movement*. 2nd ed., Propriometrics Press, 2017.**Resource Type**

Textbook

DescriptionKoch, Liz. *Core Awareness: Enhancing Yoga, Pilates, Exercise, and Dance*. Revised ed., North Atlantic Books, 2012.**Resource Type**

Textbook

DescriptionSharkey, Brian, 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, using the Library's print and online resources, to locate reputable articles on such topics as the importance of developing cardiovascular fitness using movement patterns and conditioning.

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

CCC000452529

DOE/accreditation approval date

MM/DD/YYYY