

# KIN M55: MIND BODY FITNESS

## Originator

ablack

## College

Moorpark College

## Attach Support Documentation (as needed)

CSUN KIN M55.pdf  
 SBCC KIN M55.pdf  
 VC KIN M55.pdf  
 KIN M55\_state approval letter\_CCC000617775.pdf

## Discipline (CB01A)

KIN - Kinesiology

## Course Number (CB01B)

M55

## Course Title (CB02)

Mind Body Fitness

## Banner/Short Title

Mind Body Fitness

## Credit Type

Credit

## Start Term

Fall 2021

## Catalog Course Description

Introduces mindful movement practices that integrate breathing techniques, mental focus, and controlled body movements to enhance somatic awareness, posture, holistic wellness, and stress reductions. Explores a variety of mindful movement arts like Yoga, Ta Chi, Pilates, dance fitness, and somatics. Includes activities that are adaptable to varied abilities and fitness.

## 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)**

2 - Not Program Applicable

**General Education Status (CB25)**

Y - Not Applicable

**Support Course Status (CB26)**

S - Course is a support course

**Field trips**

Will not be required

**Grading method**

Letter Graded

**Alternate grading methods**

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 | recognize the physical and mental benefits of increased activity. |
| 2 | apply learned fundamental skills of mindful movement.             |

**Course Objectives**

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

- |   |   |
|---|---|
| 1 | create positive change in mind body connection through the practice of conscious breathing, mind body awareness, neuromuscular conditioning, and stress reduction skills. |
| 2 | apply breathing techniques that activate the parasympathetic response.  |
| 3 | compare and contrast the sympathetic and parasympathetic nervous system responses.  |
| 4 | perform simple exercises from at least three different mind body movement arts.   |
| 5 | identify and define the core topics in the field of kinesiology as applied in mind body fitness.  |

**Course Content**

**Lecture/Course Content**

This is a lab, not a lecture course. Educational topics for instruction are included in the lab content.

**Laboratory or Activity Content**

1. (5%) **Concepts and practice of varied breathing techniques, and slow focused movements**
  - Musculoskeletal benefits
  - Enhanced posture
  - Stress reduction
2. (5%) **Basic physiology of the autonomic nervous system, with applications of skills for creating a state of alert yet calm, through breath and movement**
3. (3%) **Concept of neuroplasticity, and application to movement practices**
4. (2%) **Discuss and practice mental focus, removing distractions, and being present**

5. (2%) Introduction to the philosophy of mind body soul movement for overall wellness stress reduction, and emotional balance
6. (10%) Introduction to kinesthesia, and associated skills to develop enhanced body awareness for improved function and form in daily living activities, exercise, and sport
7. (35%) Explore the concepts and practices associated with mind body exercises derived from
  - Qigong
  - Tai Chi
  - Egoscue method.
  - Yoga
  - Pilates mat method
  - Stretching
  - Dance fitness
  - Self massage
  - Somatics
  - Walking, and any other appropriate mind body movement forms
8. (10%) Discuss and practice the benefits of meditation, visualization, guided imagery, and autogenics, to facilitate improved relaxation, and dynamic ease of physical skills
9. (8%) Experience the positive psychological effects of synchronized group movement, including sense of community, acceptance, motivation, and happiness
10. (6%) Explore the different effects of using music to calm the mind and body, to energize, and to enhance motivation
11. (2%) Discuss and experience mental and physical benefits of connecting to and practicing movement skills in the natural environment
12. (2%) Concepts and skills for practicing mindful eating behavior
13. (10%) Continued practice of skills for increasing the development of fitness components, and movement efficiency

## 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):

Group projects  
Individual projects  
Journals  
Laboratory activities  
Portfolios  
Quizzes  
Skills demonstrations

## Instructional Methodology

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

Class discussions  
Distance Education  
Demonstrations  
Group discussions  
Laboratory activities  
Small group activities

Describe specific examples of the methods the instructor will use:

- Verbal explanation of concepts and their application to skills.
- Visual demonstrations of physical skills, supplemented with verbal and or physical cues for various actions, muscle activation, tracking body sensations, and mental awareness.
- Verbal cueing for guiding and providing and feedback of exercises being performed by students without the presence of visual demonstrations.
- Verbal guiding for meditations, progressive muscle relaxation, body scanning, and visualization skills.

## Representative Course Assignments

### Writing Assignments

- Journaling to record learning experiences, including but not limited to, self-discovery, skill progressions, and interpretation or application of concepts.
- Establishing personal desired outcomes, and crafting an action plan with examples of positive behavior changes that create a path for success.

### Critical Thinking Assignments

- Discuss the psychological and physiological health benefits of mindful movement.
- Compare and contrast mind body movement practices with traditional fitness modalities.

### Reading Assignments

- Read printed educational supplements, or the electronic equivalent, provided through a web-based learning management system.
- Review specific articles from the Internet having to do with topics such as the connection between meditation and exercise or the physiological health benefits of mindful movement.

### Skills Demonstrations

- Perform one learned breathing technique that activates the parasympathetic response.
- Perform one or more examples of exercises from at least three different mind body movement arts.

## Outside Assignments

### Articulation

#### Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU Northridge	KIN 125A	Fitness for Life	1
CSU Northridge	KIN 149	Yoga	1
CSU San Jose	KIN 050	Tai Chi (Non-Combative)	1

#### Comparable Courses within the VCCCD

KIN V73 - Holistic Movement  
KIN V72 - Stress Reduction Activities

#### Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Santa Barbara City College	PE 146	Stretching and Relaxation	1.5

## 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

Proposed

Date Proposed:

4/2020

**Effective term:**

Fall 2021

**F. Ethnic Studies/Gender Studies**

**Course is CSU transferable**

Yes

**CSU Baccalaureate List effective term:**

Fall 2021

**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**

Proposed

**Date Proposed:**

12/15/2020

**Effective term:**

Fall 2021

**Area F: Ethnic Studies**

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

**UC TCA**

**UC TCA**

Proposed

**Date Proposed:**

6/15/2020

**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

**Description**McGonigal, Kelly. *The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, and Courage*. Avery, 2019.**Resource Type**

Textbook

**Classic Textbook**

No

**Description**Jahnke, Roger. *The Healer Within: Using Traditional Chinese Techniques To Release Your Body's Own Medicine, Movement, Massage, Meditation, Breathing*. Harper One, 1998.**Resource Type**

Textbook

**Classic Textbook**

No

**Description**Rosas, Debbie, and Carlos Rosas. *The Nia Technique: The High-Powered Energizing Workout That Gives You a New Body and a New Life*. Harmony, 2005.**Resource Type**

Textbook

**Classic Textbook**

No

**Description**Justice, Greg. *Mind Your Own Fitness: A Mindful Approach to Exercise and Nutrition*. CreateSpace, 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 or by consulting departmental resources or reputable websites.

### Sufficient Library Resources exist

Yes

### Example of Assignments Requiring Library Resources

Research and report on a topic associated with mind body wellness.

## 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 provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
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.



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.

### Hybrid (51%–99% 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.
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### 100% 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.
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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**

MM/DD/YYYY

**Board**

MM/DD/YYYY

**CCCCO**

MM/DD/YYYY

**Control Number**

CCC000617775

**DOE/accreditation approval date**

MM/DD/YYYY