

# KIN 122: OUTDOOR FITNESS

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
Total Student Learning Hours:	72
Strongly Recommended:	ENGL 101.
District General Education:	E3. Kinesiology Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course will focus on utilizing features of the natural and manmade landscape as our workout tools. The goal is to learn how to use the body in this environment for the purpose of general conditioning which includes: aerobic, anaerobic, flexibility and strength development activities. 18 lecture hours, 18 lab hours.

## Course Objectives

- independently analyze material to develop an outdoor exercise program including warm-up, work-out and warm-down periods
- explain the importance of physical fitness and healthy nutrition habits as it relates to themselves
- formulate an awareness of the importance of strength, endurance and relaxation type exercises

## Major Course Content

### COURSE CONTENT

- 1. Nutrition and Weight Management**
  - a. Effects of excessive weight
  - b. Weight reduction/gain in relation to calorie intake and exercise
- 2. Muscular System, Posture and Movement Mechanics**
  - a. Identify Muscular System
  - b. Posture and Movement Mechanics in Physical Activities
  - c. Strength Measurement
- 3. Flexibility**
  - a. Effects of Flexibility
  - b. Development of Flexibility
  - c. Exercises to Enhance Flexibility
- 4. Exercise Prescription**
  - a. Outline the steps in formulating an exercise prescription
  - b. Determine Training Heart Rate
- 5. Nutritional Aspects of Fitness**
  - a. Macronutrients (fats, proteins, carbohydrates)
  - b. Micronutrients (minerals, vitamins)
  - c. Fundamental Issue of SAD
  - d. Importance of Water & Fiber Intake

## Lab Content

### LAB CONTENT

- 1. Outdoor Fitness Training**
  - a. Using Body Weight (Gravity, Direction, Incline, Decline, and Balance)
  - b. Using Outdoor Surfaces & Structures (Safety, Suitability)
- 2. Aerobic & Anaerobic Activities**
  - a. 1.5 Mile Walk/Run
  - b. Sprints

c. Stair climbing

### 3. Flexibility Exercises

- a. Active Range of Motion
- b. Passive Range of Motion

### 4. Health Related Components of Fitness

- a. Flexibility
- b. Muscular Strength
- c. Muscular Endurance
- d. Body Composition
- e. Cardiorespiratory Endurance

### 2. Skill Related Fitness Components

- a. Agility
- b. Coordination
- c. Balance
- d. Power
- e. Speed
- f. Reaction Time

## Suggested Reading Other Than Required Textbook

Instructor Handouts

## Examples of Required Writing Assignments

Charting or logging fitness goals as they relate to health related components of physical fitness.

## Examples of Outside Assignments

1. Student is to survey their neighborhood for available surfaces and elevations that will allow them to safely perform body weight exercises, compile them into a list, and create a master workout suitable to their current level of fitness that addresses the four movement components of physical fitness and how they will track the fifth component, body composition, to show their improvements with the plan they've developed.
2. Student can describe using multiple methods the basic components of physical fitness and how to target them for training purposes.

## Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture