

KIN 151: BODY CONDITIONING

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
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 include general conditioning exercises, aerobic exercises, and exercises to develop flexibility and strength. 18 lecture hours, 18 lab hours.

Course Objectives

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

Major Course Content

COURSE CONTENT

- Nutrition and Weight Management**
 - Effects of excessive weight
 - Weight reduction/gain in relation to calorie intake and exercise
- Muscular System, Posture and Movement Mechanics**
 - Identify Muscular System
 - Posture and Movement Mechanics in Physical Activities
 - Strength Measurement
- Flexibility**
 - Effects of Flexibility
 - Development of Flexibility
 - Exercise to Enhance Flexibility
- Exercise Prescription**
 - Outline the steps in formulating an exercise prescription
 - Determine Training Heart Rate
- Nutritional Aspects of Fitness**
 - Fats
 - Proteins
 - Carbohydrates
 - Minerals
 - Vitamins
 - Water
 - Fiber

Lab Content

LAB CONTENT

- Health Related Components of Fitness**
 - Flexibility
 - Muscular Strength
 - Muscular Endurance
 - Body Composition
 - Cardiorespiratory Endurance
- Skill Related Fitness Components**
 - Agility
 - Coordination
 - Balance
 - Power
 - Speed
 - Reaction Time
- Flexibility Exercises**
 - Active Range of Motion
 - Passive Range of Motion
- Weight Training**
 - Individually Programmed
 - Free Weights
 - Weight Machines
- Aerobic Activities**
 - Elyptical Machines
 - Recumbent Bicycles
 - Treadmill
 - Stair Climber
 - 1.5 Mile Walk/Run
- Anerobic Activities**
 - Sprints
 - Bicep Curls
 - Leg Extension

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

- Independent study assignment to participate in a body conditioning class at a local fitness club.
- Evaluate 10 different body conditioning terminologies and define appropriately.

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab