

# KIN 153: WALKING/JOGGING

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 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

A walking/jogging program that consists of activity alternately at a slow to moderate pace. This program is designed to build cardiorespiratory stamina and endurance, attack excessive weight, relieve psychological tension, and enhance one's sense of well-being. 18 lecture hours, 18 lab hours.

## Course Objectives

- improve endurance, lessen fatigue, and improve recovery rates
- execute a cardiovascular activity for a minimum of 20 to 60 minutes every other day
- formulate and apply principles of weight control with relation to diet and exercise

## Major Course Content

1. Introduction
  - a. Discuss the benefits to be gained from a regular exercise program
2. Nutrition and Weight Management
  - a. Effects of excessive weight
  - b. Weight reduction/gain in relation to calorie intake and exercise
3. Flexibility
  - a. Effects of flexibility
  - b. Guidelines for the development of flexibility
  - c. Exercise to develop flexibility
4. Exercise Prescription
  - a. Outline of steps in formulating an exercise program
  - b. Determining target heart rate for training
5. Training Programs and Their Effects
  - a. Explain types of training programs with regard to expected benefits
  - b. Develop an individual training program for improving strength and cardiorespiratory endurance
  - c. Physiological adaptations to endurance training

## Lab Content

1. Fitness Assessments
  - a. Pre Testing
    - i. 12 Minute Walk/Run
    - ii. Percent Body Fat & Body Mass Index
  - b. Post Testing
    - i. 1.5 Mile Walk/Run
    - ii. Percent Body Fat & Body Mass Index
2. Warm-Up Activities
3. Endurance Activities
  - a. Walking
  - b. Jogging
  - c. Treadmill
  - d. Interval Training
  - e. Stadium Stairs
4. Cool-Down Activities

## Suggested Reading Other Than Required Textbook

Instructor Handouts

## Examples of Required Writing Assignments

Personal Exercise Logs Internet Activities - Students must go onto internet and write essay responses to questions and tasks assigned relating to their personal fitness assessments.

## Examples of Outside Assignments

Participate in area 5K or 10K race.

## Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab