

KIN 159: CARDIOVASCULAR TRAINING

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
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
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 class will focus on full-body conditioning workouts, combining resistance training and high-intensity aerobics to improve cardiovascular fitness. This class provides an intense workout as you move through a circuit of stations designed to elevate your heart rate and improve your muscular fitness. Stations may include weight machines, stationary bikes, treadmills, and elliptical machines. 18 lecture hours, 18 lab hours.

Course Objectives

- Demonstrate the proper use of weight machines, treadmills, rowing machines, and bicycles.
- Describe principles of a proper cardiovascular exercise program, training heart rate, and the rate of circuit training in a total wellness program.
- Evaluate personal progress in physical fitness components of muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition.

Major Course Content

1. Orientation
 - a. Safety
 - b. Proper Lifting Techniques
 - c. Circuit Training Procedures
2. Components of Fitness
 - a. Strength
 - b. Endurance
 - c. Flexibility
 - d. Cardiovascular Endurance
3. Physiological Aspects of Fitness
 - a. Heart Rate
 - b. Body Composition
 - c. Respiration
 - d. Hydration
4. Development of fitness plans

Lab Content

1. Endurance Activities
 - a. Stationary Bicycles
 - b. Treadmills
 - c. Stair climbers
2. Strength Activities
 - a. Weight Machines
 - b. Calisthenics
3. Flexibility Activities
 - a. Static Stretching
 - b. Active Stretching
4. Monitoring Workout Intensity
 - a. Training Heart Rate
 - b. Respiration
 - c. Fitness Assessment

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Daily log of changes in level of weight resistance on machines. Write a paper on how their body has adapted during semester as a result of cardiovascular and resistance training - showing an understanding of Health related fitness components.

Examples of Outside Assignments

Keep a log of weight loss or gain throughout the semester. Keep track of nutritional information and personal diet patterns.

Instruction Type(s)

Lab, Lecture, Online Education Lab, Online Education Lecture