

KIN 170: FITNESS FOR LIFE

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2020
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Strongly Recommended:	ENGL 101.
District General Education:	E2. Fitness/Health Science
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

This course explains the mechanics of a proper exercise and diet program through lecture and exercise activities. Various forms of exercise will be presented for trial by each student to develop a personal fitness prescription. 54 lecture hours.

Course Objectives

- identify personal fitness needs through a testing program to evaluate physical fitness status
- demonstrate knowledge and understanding of the concept of physical fitness, skill performance, body mechanics, posture, obesity, stress, diet, nutrition and the value of exercise
- formulate a personal fitness prescription

Major Course Content

1. Introduction
 - a. Discuss the benefits to be gained from a regular exercise program
 - b. Discuss the major changes and problems that the human population has experienced in modern times
2. Respiration
 - a. Describe the mechanism of oxygen delivery to cells
 - b. Identify the adjustments the respiratory system makes during exercise
3. Circulation
 - a. Identify basic events of the cardiac cycle and causes of the first and second heart sounds
 - b. Four immediate and four long-term effects of exercise on the cardiovascular system
 - c. Normal values for resting heart rate, systolic blood pressure, diastolic blood pressure, stroke volume and cardiac output
 - d. Maximal normal values for heart rate and systolic blood pressure
4. Heart Disease
 - a. Theories of the origin and development of arteriosclerosis
 - b. Progressive development of coronary heart disease in terms of the Multi-factorial theory and the primary and secondary risk factors

- c. Safe ranges of blood pressure and serum cholesterol and serum triglycerides
 - d. Discuss the role of exercise in the prevention of, and the rehabilitation after, coronary heart disease
5. Nutrition and Weight Management
 - a. Effects of excessive weight
 - b. Functions of food
 - c. Hyperlipemia
 - i. Weight reduction in relation to calorie intake and exercise
 6. Stress
 - a. Body changes caused by stress
 - b. The tense individual
 - c. Stress-related diseases and disorders
 - d. Toll of exercise in the prevention of stress
 - e. Techniques for relaxation
 7. The Muscular System, Posture and Movement Mechanics
 - a. Describe and identify the muscular system
 - b. Sliding-filament theory and the role of adenosine triphosphate
 - c. The principles of reciprocal innervation, equilibrium and levers
 - d. Posture and movement mechanics in physical activities
 8. Flexibility
 - a. Effects of inflexibility
 - b. Guidelines for development of flexibility
 - c. Measurement of flexibility
 - d. Exercise to develop flexibility
 9. The Exercise Prescription
 - a. Outline of steps in formulating an exercise prescription
 - b. Precaution to be followed starting an exercise program
 - c. Determination of target heart rate for training
 10. Training Programs and Their Effects
 - a. Explain types of training programs with regard to expected benefits
 - b. Developing an individual training program for improving strength and cardiovascular endurance.
 - c. Procedure used in circuit training
 - d. Physiological adaptations to endurance and strength training
 11. Exercise Sessions
 - a. Swimming
 - i. stroke techniques
 - ii. cardiovascular training methods
 - b. Aerobics
 - i. warm-up and cool down
 - ii. techniques
 - c. Walk/Jog
 - i. warm-up and cool down
 - ii. techniques
 - iii. cardiovascular training methods
 - d. Cardio Circuit Training
 - i. warm-up and cool down
 - ii. techniques
 - iii. cardiovascular training methods
 - e. Weight Training

- i. warm-up and cool down
- ii. proper lifting techniques
- iii. strength training methods

Suggested Reading Other Than Required Textbook

Journal articles Newspaper articles

Examples of Required Writing Assignments

Nutrition Analysis Paper Weekly Fitness or Lab Assessments

Examples of Outside Assignments

Personal Nutrition and Fitness Logs(daily or weekly). Students will use this information to develop behavioral modifications to their diet or lifestyle.

Instruction Type(s)

Lecture, Online Education Lecture