

## **KINE 103 - Fitness for Life Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

### **SECTION A**

**Unique ID Number** CCC000616630

**Discipline(s)** Physical Education

**Division** Kinesiology & Athletics



- J. Yoga
- K. Flexibility training
- L. Relaxation exercise
- M. Developing a Dietary plan for fitness
- N. Motivational aspects of fitness
- O. F.I.T.T principles

**4. Methods of Instruction:**

**Activity:** Students will be engaged in activities such as fitness evaluation, Body composition analysis, establishing and measuring target heart rate

**Critique:** Students will be required to critique and evaluate their individual fitness plan.

**Distance Education:** Students will be required to complete all assignments online

**Lab:** Students will be required to complete physical strength and fitness evaluation, complete the Presidents Fitness Challenge, complete Exercise Personality Assessment

**Lecture:** Students will have online reading assignments and reading assignments developed from the text.

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

**Typical classroom assessment techniques**

Exams/Tests -- Multiple choice and short answer

Class Work -- fitness and dietary log

Home Work -- Research popular fitness question to establish validity

Lab Activities -- fitness activities that will measure fitness: including cardiovascular, strength, flexibility

Final Exam -- written exam with multiple choice questions.

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

1. Students must research in popular media fitness myths and health practices and must discuss on weekly discussion boards.

2. Students must read assigned text.

B. Writing Assignments

1. Students must maintain a dietary and fitness log.

2. Students must set written fitness goals.

3. Students must post fitness questions on Discussion board.

4. Students must participate in weekly evaluation of activities

C. Other Assignments

1. Students must develop and participate

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**B. Other required materials/supplies.**