KIN R145B: BODY CONDITIONING BOOT CAMP II

Originator
elawley

College
Oxnard College

Discipline (CB01A)
KIN - Kinesiology

Course Number (CB01B)
R145B

Course Title (CB02)
Body Conditioning Boot Camp II

Banner/Short Title
Body Conditioning Boot Camp II

Credit Type
Credit

Start Term
Fall 2021

Formerly
PE R104B - Body Conditioning Boot Camp II

Catalog Course Description
This course is a total body conditioning group workout designed to improve cardiovascular fitness, muscle strength and muscular endurance. The class incorporates the use of a variety of resistance training systems and equipment to enhance agility, flexibility, balance training and body composition management. It may include both indoor and outdoor terrain and emphasizes functionality that can enhance performance in everyday activities and sports while encouraging lifelong physical fitness. This course is offered Pass/No Pass (P/NP) at student's option.

Taxonomy of Programs (TOP) Code (CB03)
0835.00 - Physical Education

Course Credit Status (CB04)
D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)
A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)
N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)
E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)
N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)
Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)
N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)
Y - Not Applicable

Course Noncredit Category (CB22)
Y - Credit Course

Funding Agency Category (CB23)
Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)
1 - Program Applicable

General Education Status (CB25)
Y - Not Applicable

Support Course Status (CB26)
N - Course is not a support course

Field trips
Will not be required

Grading method
Letter Graded

Alternate grading methods
Student Option- Letter/Pass
Pass/No Pass Grading

Does this course require an instructional materials fee?
No

Repeatable for Credit
No

Is this course part of a family?
No

Units and Hours

Carnegie Unit Override
No

In-Class

Lecture

Activity

Laboratory
Minimum Contact/In-Class Laboratory Hours
52.5
Maximum Contact/In-Class Laboratory Hours
52.5

Total in-Class

Total in-Class
Total Minimum Contact/In-Class Hours
52.5

Total Maximum Contact/In-Class Hours
52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning
Total Minimum Student Learning Hours
52.5
Total Maximum Student Learning Hours
52.5

Minimum Units (CB07)
1
Maximum Units (CB06)
1

Prerequisites
KIN R145A

Entrance Skills

Entrance Skills

Identify the primary fitness components applied in this course and the type of activities that contribute to developing these components. Apply heart rate response for monitoring exercise intensity. Demonstrate proper form of basic movement skills for cardiovascular and muscular conditioning.

Prerequisite Course Objectives

KIN R145A-identify the primary fitness components applied in this course and the type of activities that contribute to developing these components.
KIN R145A-identify and apply heart rate response for monitoring exercise intensity.
KIN R145A-demonstrate proper basic movement skills for cardiovascular and muscular conditioning.

Requisite Justification

Requisite Type
Prerequisite

Requisite
KIN R145A

Requisite Description
Course in a sequence

Level of Scrutiny/Justification
Content review

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

1	Correctly perform multi-joint conditioning exercises
2	Apply metrics and performance data to design an exercise program that meets fitness goals
3	Adjust nutritional plan to enhance performance and improve exercise recovery
4	Increase strength, flexibility, and cardiovascular ability by the end of the semester

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1	Identify the primary fitness components applied in this course and the type of activities that contribute todeveloping these components.
2	Apply target heart rate formulas for monitoring exercise intensity.
3	Define the core topics in the field of Kinesiology as they relate to Body Conditioning Boot Camp.
4	Demonstrate knowledge of weight management principles, basic physiology of exercise and the benefitsof regular exercise.
5	Demonstrate proper basic movements skills for cardiovascular and muscular conditioning.
6	Evaluate and implement a fitness program using the resources and information provided in this course.

Course Content

Lecture/Course Content

1. Body conditioning boot camp review
   a. Safety procedures
   b. Equipment usage
   c. Pre-test evaluation
   d. Warm up and cool down techniques
   e. Target heart rate formula and assessment
2. Weight Management
   a. Proper nutrition strategies
      i. pre-workout
      ii. post-workout
   b. Weight management techniques
3. Biomechanics
   a. Review principles of biomechanics
   b. Recognize cues to improve balance, body alignment and form
   c. Role of core muscles as a foundation for movement
   d. Muscle anatomy and function
4. Resistance training
   a. Review principles of increasing flexibility
   b. Principles of hypertrophy
   c. Review role of core muscles as a foundation for movement
   d. Proper selection, use and care of supplementary equipment
   e. Implementing techniques for conditioning and achieving proper intensity
5. Develop a group fitness plan
   a. Terminology
   b. Environment
   c. Equipment
   d. Modifications
   e. Progressions
   f. Motivation
6. Physiology
   a. Identify muscle groups
   b. Proper nutrition before and after workouts
   c. Application of interval training and implementation of resistance equipment
7. Methods of training

   a. Resistance training
   b. Proper selection, use and care of supplementary equipment
   c. Implementing techniques for conditioning and achieving proper intensity
   d. Using varied terrain
   e. Interval training
   f. Increasing endurance

Laboratory or Activity Content

1. Body conditioning boot camp review
   a. Safety procedures
   b. Equipment usage
   c. Pre-test evaluation
   d. Warm up and cool down techniques
   e. Target heart rate formula and assessment
2. Weight Management
   a. Proper nutrition strategies
      i. pre-workout
      ii. post-workout
   b. Weight management techniques
3. Biomechanics
   a. Review principles of biomechanics
   b. Recognize cues to improve balance, body alignment and form
   c. Role of core muscles as a foundation for movement
   d. Muscle anatomy and function
4. Resistance training
   a. Review principles of increasing flexibility
   b. Principles of hypertrophy
   c. Review role of core muscles as a foundation for movement
   d. Proper selection, use and care of supplementary equipment
   e. Implementing techniques for conditioning and achieving proper intensity
5. Develop a group fitness plan
   a. Terminology
   b. Environment
   c. Equipment
   d. Modifications
   e. Progressions
   f. Motivation
6. Physiology
   a. Identify muscle groups
   b. Proper nutrition before and after workouts
   c. Application of interval training and implementation of resistance equipment
7. Methods of training
   a. Resistance training
   b. Proper selection, use and care of supplementary equipment
   c. Implementing techniques for conditioning and achieving proper intensity
   d. Using varied terrain
   e. Interval training
   f. Increasing endurance

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):
Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):
Journals
Performances
Projects

Quizzes
Skills demonstrations
Skill tests

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Class activities
Class discussions
Distance Education
Demonstrations
Guest speakers
Lecture

Describe specific examples of the methods the instructor will use:

Methods may include, but are not limited to:
A. Physical demonstration and explanation of how to use conditioning equipment by the instructor
B. Physical demonstration of how to perform conditioning exercises by the instructor
C. Instructor-led training and conditioning
D. Presentation of written articles by professionals in the field of conditioning
E. VDs and other media demonstrating biomechanics

Representative Course Assignments

Writing Assignments

1. Calculation of Max Heart Rate, Target Heart, and Training Zones.
2. Calculation of Energy and Macronutrient Needs
3. Wellness sheets on topics related to weight training, health and fitness
4. Fitness and Food Journal

Critical Thinking Assignments

1. Analyze diet and activity in Fitness and Food Journal to optimize performance.

Reading Assignments

1. Articles related to fitness, nutrition, and conditioning

Skills Demonstrations

Physical demonstration of skills with modifications and progressions:
1. squat
2. lunge
3. push-up
4. burpee
5. tricep dips
6. manmakers
7. plank

Outside Assignments

Representative Outside Assignments

Food and Activity Journal

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education
Approved

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development
Approved

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals
Resource Type
Textbook

Classic Textbook
No

Description
Delavier, Frederic and Gundill, Michael. (2018) *The Strength Training Anatomy Workout III*. Human Kinetics, Champaign.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)
Hybrid (1%–50% online)
100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
E-mail	E-mail, class announcements and various learning management system tools such as "Message Students Who" and "Assignment Comments", will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.
Other DE (e.g., recorded lectures)	variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.
Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
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Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
E-mail	E-mail, class announcements and various learning management system tools such as "Message Students Who" and "Assignment Comments", will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.
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Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.
Face to Face (by student request; cannot be required)	The instructor may hold regularly scheduled office hours either in person or via-web conferencing, for students to be able to meet and discuss course materials or individual progress. Students can request additional in-person or web conferencing meetings with faculty member as needed. Faculty may encourage online students to form "study groups" in person or online.

Video Conferencing	Video tools such as ConferZoom may be used to provide live synchronous or asynchronous sessions with students. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Student-to-student group meetings will also be encouraged.

Examinations

Hybrid (1%–50% online) Modality
Online

Hybrid (51%–99% online) Modality
Online

Primary Minimum Qualification
PHYSICAL EDUCATION

Review and Approval Dates

Department Chair
09/14/2020

Dean
09/14/2020

Technical Review
10/14/2020

Curriculum Committee
10/14/2020

Curriculum Committee
11/25/2020

CCCCO
MM/DD/YYYY

Control Number
CCC000579729

DOE/accreditation approval date
MM/DD/YYYY