

Cerro Coso College  
**Course Outline of Record Report**  
 10/06/2021

## KINSC110 : Walk/Run for Fitness

### General Information

Author:	• Sarah King
Course Code (CB01) :	KINSC110
Course Title (CB02) :	Walk/Run for Fitness
Department:	Physical Education
Proposal Start:	Spring 2021
TOP Code (CB03) :	(1270.00) Kinesiology
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Course Control Number (CB00) :	No value
Curriculum Committee Approval Date:	03/20/2020
Board of Trustees Approval Date:	05/07/2020
External Review Approval Date:	05/07/2020
Course Description:	This course introduces a program of walking and/or running designed to improve cardiovascular fitness and strengthen the muscles throughout the body. It emphasizes exercising at a moderate (40%-50% target heart rate) exertion level.
Submission Type:	No value
Author:	No value

### Faculty Minimum Qualifications

Master Discipline Preferred:	• Kinesiology
Alternate Master Discipline Preferred:	• Physical Education
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

### Course Development Options

<b>Basic Skills Status (CB08)</b> Course is not a basic skills course.  <input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	<b>Course Special Class Status (CB13)</b> Course is not a special class.  <b>Allowed Number of Retakes</b> 0  <b>Retake Policy Description</b>	<b>Grade Options</b> <ul style="list-style-type: none"> <li>• Pass/No Pass</li> <li>• Letter Grade Methods</li> </ul> <b>Course Prior To College Level (CB21)</b> Not applicable.
<b>Rationale For Credit By Exam/Challenge</b>	<input checked="" type="checkbox"/> All	<input type="checkbox"/>

No value

No value

Allow Students to Audit Course

**Course Support Course Status (CB26)**

No value

**Associated Programs**

Course is part of a program (CB24)

**Associated Program**

No value

**Award Type**

No value

**Active**

**Transferability & Gen. Ed. Options**

**Course General Education Status (CB25)**

Y

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

**Cerro Coso General Education Requirements**

Area 7.2

**Categories**

Health & Wellness Activity

**Status**

Approved

**Approval Date**

05/08/2020

**Comparable Course**

KINS 33a Walking/Running for fitness Gavalin Colege

**CSU General Education Certification**

Area E.1

**Categories**

Lifelong Learning & Self-Development Integrated Organism

**Status**

Approved

**Approval Date**

04/27/2021

**Comparable Course**

No Comparable Course defined.

**Units and Hours**

**Summary**

**Minimum Credit Units (CB07)**

1

**Maximum Credit Units (CB06)**

1

**Total Course In-Class (Contact) Hours**

54

**Total Course Out-of-Class Hours**

0

**Total Student Learning Hours**

54

**Faculty Load** 0

**Credit / Non-Credit Options**

**Course Credit Status (CB04)**

Credit - Degree Applicable

**Course Non Credit Category (CB22)**

Credit Course.

**Non-Credit Characteristic**

No Value

**Course Classification Status (CB11)**

Credit Course.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

**Weekly Student Hours**

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	3	0

**Course Student Hours**

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	0
Laboratory	0
Activity	54
<b>Total</b>	54
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Activity	0
<b>Total</b>	0

**Time Commitment Notes for Students**

No value

**Faculty Load**

**Extra Duties:** 0

**Faculty Load:** 0

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

## Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

## Entrance Skills

Entrance Skills	Description
No value	No value

## Limitations on Enrollment

Limitations on Enrollment	Description
No value	No value

## Specifications

### Methods of Instruction

Methods of Instruction	Demonstration
Rationale	Walking and running techniques will be demonstrated by the instructor.
Methods of Instruction	Performance
Rationale	Students will perform activities to achieve fitness and class SLO's.

### Assignments

Assignments will include written work, problem-solving assignments, skill demonstrations, performance examinations, and written examinations.

### Methods of Evaluation

#### Rationale

Final Exam	The final exam is used to evaluate SLO's and student understanding of materials. Performance may be included.
Participation	Since it is an activity class, participation is the main evaluative method.

### Equipment

None

**Textbooks**

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

**Other Instructional Materials**

No Value

**Materials Fee**

No value

**Learning Outcomes and Objectives****Course Objectives**

No value

**CSLOs**

- Calculate target heart rate, reach a moderate exercise exertion level (40% - 50% THR), and chart cardiovascular improvement.**  
Expected SLO Performance: 75.0
- List and describe the areas of the FITTE principle in relationship to cardiovascular fitness.**  
Expected SLO Performance: 75.0
- Understand and demonstate the safety guidelines and appropriate warm-up for safe and effective walking or running workouts.**  
Expected SLO Performance: 75.0

**Outline****Course Outline**

- A) Introduction to Class
  - 1. Course syllabus
    - a. Course expectations
    - b. Grading and attendance policies
    - c. Appropriate attire
    - d. Fitness assessment
- B) Basics
  - 1. Determine Resting Heart Rate (RHR)
  - 2. Target Heart Rate (THR) (Karvonen Formula)
- C) Basic walking and jogging techniques
  - 1. Stretching as a warm-up and cool-down.
    - a. Static stretch vs. dynamic stretch
- D) Start workouts
  - 1. FITTE principles
    - a. Frequency, Intensity, Time, Type, and Enjoyment
  - 2. Starting a fitness log to track all workouts
- E) Progress Workouts

1. Continue walking/jogging routines
  - a. Increase workout intensities
  - b. Target (50% of THR) 1x week
- F) Mid-term fitness assessment
  1. Increase workout intensities
  2. Target (50% of THR) twice a week
  3. Monitoring THR and logging all workouts
  4. Participation in a variety of walking/jogging routines
  5. Starting to slow jog
  6. Increasing intensity (pace)
  7. 3rd day into their fitness logs
- G) Nutrition (Fats-Carbs-Protein)
  1. Basics
    - a. Carbs
    - b. Fats
    - c. Proteins
  2. Best nutrition practices
- H) Final Exam

## OLD Delivery Methods and Distance Education

**Delivery Method:** Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

No Value

**Rigor Statement:** Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section?

No Value

**Effective Student-Instructor Contact:** Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

No Value

**Software and Equipment:** What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

**Accessibility:** Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

No Value

**Class Size:** Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

No Value