

Cerro Coso College

Course Outline of Record Report

05/07/2020

KINSC120 : Cardio Pump

General Information

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Course Code (CB01) (CB01) :	KINSC120
Course Title (CB02) (CB02) :	Cardio Pump
Department:	Physical Education
Proposal Start:	Fall 2020
TOP Code (CB03) :	(1270.00) Kinesiology
SAM Code (CB09) (CB09) :	Non-Occupational
Distance Education Approved:	No
Course Control Number (CB00) (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 provides instruction in overall fitness development. It is designed to incorporate weight lifting into a cardiovascular routine. Using routines designed by the instructor, students develop strength and endurance of all major muscle groups.
Submission Type:	New class offering, plus change on numbering/ naming system

Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none"> Kinesiology
Alternate Master Discipline Preferred:	<ul style="list-style-type: none"> Physical Education
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline:	No value

Course Development Options

Basic Skills Status (CB08) (CB08)	Course Special Class Status (CB13) (CB13)	Grade Options
Course is not a basic skills course.	Course is not a special class.	<ul style="list-style-type: none"> Pass/No Pass Letter Grade methods

<input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	Allowed Number of Retakes 0	Course Prior to College Level (CB21) Not applicable.
Rationale For Credit By Exam/Challenge No value	Retake Policy Description No value	<input checked="" type="checkbox"/> Allow Students To Audit Course

Associated Programs

Course is part of a program (CB24)

Associated Program No value	Award Type No value
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Transferability & Gen. Ed. Options

Transferability Transferable to both UC and CSU	Transferability Status Pending
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Cerro Coso General Education Requirements	Categories	Transferability Status	Comparable Course
Area 7.2	Health & Wellness Activity	Pending	PHED 157A Cardio Pump, Santa Ana College

CSU General Education Certification	Categories	Transferability Status	Comparable Course
Area E.1	Lifelong Learning & Self-Development Integrated Organism	Pending	California State University, Chico KINE 116A - Cardio Conditioning Mix California State University, Fresno KAC 48 - Cardiovascular Boot Camp California State University, Long Beach KIN 142 - Group Exercise: Cardio

Units and Hours

Summary					
Minimum Credit Units (CB07) (CB07)	1	Total Course In-Class (Contact) Hours	54	Total Student Learning Hours	54
Maximum Credit Units (CB06) (CB06)	1	Total Course Out-of-Class Hours	-	Faculty Load	-
Credit / Non-Credit Options					
Course Credit Status (CB04) (CB04)		Course Non Credit Category (CB22) (CB22)		Non-Credit Characteristics	

Credit - Degree Applicable	Credit Course.	No value
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Course Classification Code (CB11) (CB11)	Funding Agency Category (CB23) (CB23)	Cooperative Work Experience Education Status (CB10) (CB10)
Credit Course.	Not Applicable.	<input type="checkbox"/>
<input type="checkbox"/> Variable Credit Course		
Weekly Student Hours		Course Student Hours
	In Class	Out of Class
Lecture Hours	-	-
Lab Hours	3	-
Activity Hours	-	-
		Course Duration (Weeks) 18
		Hours per unit divisor 54
		Course In-Class (Contact) Hours
		Lecture -
		Lab 54
		Activity -
		Total 54
		Course Out-Of-Class Hours
		Lecture -
		Lab -
		Activity -
		Total -
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Time Commitment Notes for Students		
No value		
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Faculty Load		
Extra Duty: -		Faculty Load: -

Units and Hours - Weekly Specialty Hours			
Activity Name	Type	In Class	Out of Class
No value	No value	No value	No value

Requisites
No Value

Entrance Skills	
Skill	Content Review
No value	No value

Limitations on Enrollment	
Limitation	Provide Rationale
No value	No value

Specifications				
Methods of Instruction		Methods of Instruction Rationale		
Demonstration		Instructors demonstrate fitness movements for class.		
Performance		Students will perform fitness movements in a correct and safe manner.		
Assignments				
Nutrition Log				
Aerobic work-out log				
Overall Fitness Assessment				
Other reading materials assigned by instructor				
Methods of Evaluation		Methods of Evaluation Rationale		
Participation		Since this is an activity-based class, participation is the primary indicator of students' grades.		
Homework		Students will complete fitness and nutrition logs to track progress.		
Final Exam		The final exam tests overall knowledge and achievement of student-learning outcomes.		
Equipment				
Provided				
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

Understand the safety guidelines and appropriate warm-up for safe and effective cardiovascular workouts.

Expected SLO Performance: 80.0

Use proper weight training techniques for step and pump methodologies, monitoring intensity through heart rate, and transitioning from aerobic to resistance phases of the workout.

Expected SLO Performance: 80.0

Actively follow an instructor in a group exercise setting.

Expected SLO Performance: 80.0

Explain the importance of physical activity in lifelong health.

Expected SLO Performance: 80.0

Outline

Outline

A. Introduction

1. Basic nutrition and hydration information
2. Important factors to develop optimal fitness level
3. Weight training
4. Cardiovascular Conditioning
5. Nutrition
6. Energy systems

B. Warm-up

1. Set position
2. Correct posture
3. Warm-up of all major muscle groups

C. Training

1. Instruction in the variety of weight equipment to target development of each muscle group
2. Legs/Squats:
 - a. Quadriceps, gluteal and hamstrings.
3. Chest
 - a. Pectoral, deltoid and triceps muscles

4. Back
 - a. Latissimus dorsi, trapezius, and deltoid muscles
5. Arms
 - a. Triceps muscles
 - b. Biceps muscles
6. Cool Down and Stretching

D. Final

1. Fitness testing
2. Final

Delivery Methods

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

- Face to face

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? Describe the ways in which instructor-student contact and student-student contact will be facilitated in the distance ed environments.

No Value

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

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