

Course Outline of Record

1. Course Code: KINE-041
2.
 - a. Long Course Title: Core Conditioning
 - b. Short Course Title: CORE CONDITIONING
3.
 - a. Catalog Course Description:

This course provides instruction in the latest exercise techniques and principles for students interested in improving core strength, posture, flexibility, speed, muscular strength and endurance. The course includes a variety of exercises aimed to strengthen the following muscle groups of the core region: Rectus abdominus, transverse abdominus, external and internal obliques and the spinal erector, muscles. This course offers additional exercises to strengthen the core pillar strength areas including the following: shoulder, hip, gluteus maximus, and hamstring muscle groups. The course covers the most current and up to date methods of training to enhance fitness and athletic performance.
 - b. Class Schedule Course Description:

This course covers exercises to train the core region focusing on the abdominal, hip flexor and lower back areas.
 - c. Semester Cycle (if applicable): Fall, Spring, Summer
 - d. Name of Approved Program(s):
 - FITNESS SPECIALIST Certificate of Achievement
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 40 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:

Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
 N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*

Lecture:

1. Warm-up exercises/flexibility training;
2. Movement preparation series to prepare muscle groups for exercises;
3. Preventive exercises toward strengthening the body to optimize mobility, balance, stabilization and joint function whereas decreasing the potential for injuries;
4. Elasticity exercises toward improving speed, strength and stability of the core musculature region;
5. Strength exercises that incorporate core conditioning and improving overall muscular strength and endurance;
6. Flexibility/regeneration exercises that improve overall strength and flexibility in the core region and promote recovery for the body;
7. Personal design and application of individual core program design;
8. Anatomical and kinesiological perspective of the human body through exercise training and conditioning.
9. The role of cardio-respiratory endurance to fitness
10. Body weight conditioning to core strength

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Lab: (if the "Lab Hours" is greater than zero this is required)

1. Static core strengthening exercises
2. Dynamic core strengthening exercises
3. Kettlebell exercises to improve core strength
4. Yoga and Pilates exercises to improve core strength
5. Cardiorespiratory conditioning, both endurance and interval training
6. Body weight conditioning exercises to improve fitness

9. Course Student Learning Outcomes:

1. Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.
2. Demonstrate an understanding of the relationship between fitness, nutrition and weight management.
3. Identify those health habits associated with optimum wellness and physical well-being.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Demonstrate basic exercise techniques to strengthen core musculature;
- b. Demonstrate basic exercise techniques to strengthen core musculature;
- c. Demonstrate basic strength training exercises that place additional emphasis on core musculature;
- d. Demonstrate basic agility and plyometric exercises to improve overall speed and athletic performance;
- e. Demonstrate flexibility exercises to improve strength, balance, and increased range of motion in core musculature, posture and performance.
- f. Compute and report on selective fitness assignments.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Individualized Study
- e. Journal
- f. Lecture
- g. Participation
- h. Self-exploration
- i. Technology-based instruction

Other Methods:

- a. Guest speakers.
- b. Audio/visual presentations.

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

1. Personal fitness testing
2. End of class evaluations
3. Creative personal program design, timeline with class lecture, discussion and feedback of students

b. Out-of-class Assignments

1. Personal program design
2. Personal nutritional analysis
3. Muscular analysis
4. Body composition analysis
5. Flexibility measurement and assessment pre and post

- 6. Various physical fitness assessment and skill practice
- 7. Student presentation
- 8. How to design core and strength workouts for home

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
fitness journals, article critiques
- Portfolios
Self evaluations and testimonies
- Self-paced testing
- Laboratory projects
- Field/physical activity observations
- Computational/problem solving evaluations
Computation (training heart rate, basal metabolic rate, calorie charts, and overall fat, protein and carbohydrate readings.)
- Presentations/student demonstration observations
- Group activity participation/observation
Group fitness circuits Partner program workouts
- True/false/multiple choice examinations
- Student participation/contribution
- Student preparation

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

Flexibility Mat

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

periodic review

- 20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
- b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000399294
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education

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- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (if program-applicable): FITNESS SPECIALIST

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 30

Third Year: 40

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 09/09/15