BUTTE COLLEGE
COURSE OUTLINE

I. CATALOG DESCRIPTION
KIN 51 - Butte Fitness and Wellness Center 0.5 - 1.5 Unit(s)

Transfer Status: CSU/UC
25.5 - 76.5 hours Lab

This course provides each student with an individualized fitness program. A flexible workout schedule supports each student's academic coursework. The fitness center encourages participation at the student's level of fitness and allows for gradual progress toward a lifetime commitment to fitness and wellness. Students may enroll in this course up to 1.5 unit(s) to complete the entire curriculum of the course. Pass/No Pass Only. Open Entry/Open Exit.

II. OBJECTIVES
Upon successful completion of this course, the student will be able to:
A. demonstrate and assess the safe use of all equipment.
B. explain the importance of monitoring blood pressure.
C. calibrate and identify a target heart rate.
D. identify and describe the five components of physical fitness.
E. design a personal fitness program that incorporates the five components of physical fitness.

III. COURSE CONTENT
A. Unit Titles/Suggested Time Schedule

<table>
<thead>
<tr>
<th>Topics</th>
<th>Lab</th>
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<tbody>
<tr>
<td>1. Orientation</td>
<td>1.00 - 3.00</td>
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<td>2. Fitness Pre Test</td>
<td>1.00 - 3.00</td>
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<td>3. Personal Fitness Evaluation</td>
<td>1.00 - 3.00</td>
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<td>4. Individualized Workouts</td>
<td>17.50 - 52.50</td>
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<tr>
<td>5. Anatomical Terminology &amp; Fitness Guide</td>
<td>4.00 - 12.00</td>
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<tr>
<td>6. Fitness Post Test</td>
<td>1.00 - 3.00</td>
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<tr>
<td>Total Hours</td>
<td>25.5 - 76.5</td>
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IV. METHODS OF INSTRUCTION
A. Multimedia Presentations
B. Demonstrations
C. Instructor Demonstrations
D. One-on-one Personal Fitness Evaluations
E. Anatomical Terminology & Fitness Guide

V. METHODS OF EVALUATION
A. Class participation
B. Written or Oral Examinations
C. Practical Evaluations
D. Short papers
E. Pre and post fitness testing on six parameters:
1. Blood pressure
2. Resting heart rate
3. Muscular endurance
4. Cardiovascular fitness
5. Flexibility

VI. EXAMPLES OF ASSIGNMENTS
A. Reading Assignments
   1. Read the literature on creatine and describe the pros and cons associated with this supplement.
   2. Read an article on cardiovascular fitness. Be prepared to discuss your reading with the instructor.
B. Writing Assignments
   1. Locate and read an article about current trends in the fitness world. Write a one-page summary of the article.
   2. Maintain a journal documenting progression in your personal fitness growth.
C. Out-of-Class Assignments
   1. Not applicable

VII. RECOMMENDED MATERIALS OF INSTRUCTION
   Materials Other Than Textbooks:
   A. Student Handbook--"Butte Fitness & Wellness Center Manual"
   B. Orientation - Video Presentation
   C. Athletic Apparel
   D. Athletic Shoes

Created/Revised by: Randy Maday
Date: 10/15/2018