KINS 4: CONCEPTS OF PHYSICAL FITNESS & WELLNESS

Foothill College Course Outline of Record

<table>
<thead>
<tr>
<th>Heading</th>
<th>Value</th>
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<tbody>
<tr>
<td>Effective Term:</td>
<td>Summer 2023</td>
</tr>
<tr>
<td>Units:</td>
<td>4</td>
</tr>
<tr>
<td>Hours:</td>
<td>4 lecture per week (48 total per quarter)</td>
</tr>
<tr>
<td>Advisory:</td>
<td>Not open to students with credit in PHED 4.</td>
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<tr>
<td>Degree &amp; Credit Status:</td>
<td>Degree-Applicable Credit Course</td>
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<tr>
<td>Foothill GE:</td>
<td>Area VII: Lifelong Learning</td>
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<tr>
<td>Transferable:</td>
<td>CSU/UC</td>
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<tr>
<td>Grade Type:</td>
<td>Letter Grade (Request for Pass/No Pass)</td>
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<tr>
<td>Repeatability:</td>
<td>Not Repeatable</td>
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Student Learning Outcomes

- A successful student will be able to identify and explain how the various components of physical fitness and wellness contribute to general health and wellness (e.g., healthy lifestyles, physical activity, body mechanics, nutrition, stress management, avoiding destructive behaviors, making informed choices, etc.)
- A successful student will be able to assess current personal health and fitness lifestyle behaviors, and implement appropriate changes to improve his/her physical fitness and wellness.

Description

Study of physical fitness, training principles, nutrition and body composition, stress management, appropriate exercise, and health practices, with application to lifelong fitness and wellness habits.

Course Objectives

The student will be able to:

a. Assess current personal fitness and wellness lifestyles
b. Identify and explain how the components of physical fitness contribute to general health and wellness
c. Analyze health practices and how they contribute to lifetime wellness
d. Explain how nutrition relates to health and wellness
e. Evaluate and analyze health and fitness trends and explain how they do/do not contribute to fitness
f. Analyze genetics and the risk factors associated with cancer, diabetes, cardiovascular disease, and obesity
g. Develop a variety of fitness programs for lifetime fitness
h. Analyze myths, fallacies, and media distortions with regard to fitness/wellness and recognize how to avoid destructive behaviors

Course Content

a. Assess personal fitness and wellness
   i. Identify and evaluate lifestyle components
      1. Cardiovascular risk factors
      2. Addictive behaviors
   ii. Set goals for lifetime modifications
   iii. Develop a variety of programs to meet goals
b. Components of physical fitness
   i. Cardiovascular endurance
   ii. Muscular strength
   iii. Flexibility
   iv. Body composition
c. Health practices
   i. Exercise habits
   ii. Eating disorders
   iii. Drugs and alcohol
d. Nutrition
   i. Guidelines for basic health and nutrition
   ii. Weight management
   iii. Nutritional guidelines for special populations
   iv. Assessment of personal nutritional habits and eating practices
   v. Nutritional supplements
e. Health and fitness trends
   i. History of fitness trends
   ii. Current market/industry trends
   iii. Safe practices and standards
f. Genetics
   i. Family history and health
   ii. Lifestyle and health
g. Fitness programs
   i. Work-out components
   ii. Principles of exercise
   iii. Application of basic exercise principles
   iv. Analysis of myths
      1. Evaluating products and services
      2. Marketing/media distortions
      3. Qualifying your experts

Lab Content

Not applicable.

Special Facilities and/or Equipment

When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

- Individual exercise program design
- Nutritional analysis
- Personal portfolio
- Exams/homework/final paper
Method(s) of Instruction
Methods of Instruction may include but are not limited to the following:

Lecture presentations and classroom discussion using the language of fitness and wellness
In-class reading of textbook and related material to promote discussion and synthesis of objectives
Group presentations of major projects followed by in-class discussion and evaluation

Representative Text(s) and Other Materials

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments
a. Weekly reading assignments from text and online sources ranging from 30-60 pages per week
b. Weekly homework exercises. Each assignment focuses on personal health and lifestyle behaviors and covers assigned reading and lecture topics. Assignments include conclusions and implications of journals, and answers to discussion questions

Discipline(s)
Physical Education