

# KINS 4: CONCEPTS OF PHYSICAL FITNESS & WELLNESS

## Foothill College Course Outline of Record

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

## 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:

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

## Course Content

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

Corbin, Charles B., Gregory J. Welk, William R. Corbin, and Karen A. Welk. Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach. 13th ed. 2019.

## 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