

**College of San Mateo
Official Course Outline**

1. **COURSE ID:** FITN 235.4 **TITLE:** Boot Camp IV
Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours
Method of Grading: Grade Option (Letter Grade or P/NP)

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. **COURSE DESCRIPTIONS:**

Catalog Description:

A group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training at an expert level. Modern fitness techniques such as plyometrics and agility and strength training exercises will be incorporated.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an expert level.
2. Demonstrate knowledge of various exercises at an expert level.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

At an expert level:

1. Perform and master various aerobic, anaerobic, agility, flexibility, and multi-functional exercises at an expert level maximizing high level heart rate.
2. Demonstrate the ability to create a high level (expert) individualized, comprehensive exercise routine maximizing heart rate.
3. Understand kinesiological applications and apply them to an expert level exercise routine maximizing optimum heart rate.
4. Critically evaluate and objectively discuss and understand the importance of F.I.T (frequency, intensity, time) as it applies to an exercise regimen.

6. **COURSE CONTENT:**

Lab Content:

At an expert level:

1. Introduction
 - A. Review safety and appropriate use of all exercises and equipment
 - B. Review and demonstration of techniques of all exercises, apparatus, and free mode exercises.
 - C. Review benefits, optimization, contra-indications, and kinesiological principles of exercise at an expert level.
2. Aerobic exercises
 - A. Running
 - B. Step-ups
 - C. Jump rope
 - D. Rowing
3. Anaerobic exercises
 - A. Dumb-bell lifts
 - B. Crunches
 - C. Push-ups
 - D. Sprints
 - E. Medicine ball drills
 - F. Plyometric exercises

4. Flexibility exercises
 - A. Multi-joint stretches
 - B. Single joint stretches
 - C. Dynamic stretches
 - D. Static stretches
 - E. Progressive stretches
5. Concepts of training
 - A. Aerobic vs. anaerobic
 - B. Fast-twitch muscle fiber vs. slow twitch
 - C. Muscular endurance vs. muscular strength
 - D. Body composition vs. BMI
 - E. Injury prevention
6. Concepts of Kinesiology
 - A. Muscular action
 - B. Neuromuscular function
 - C. Physiological adaptation

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Discussion
- E. Individualized Instruction
- F. Observation and Demonstration
- G. Other (Specify): Lecture and demonstration of proper body mechanics, alignment and evaluation of appropriate exertion levels. Information pertaining to expert levels of exercise prescription and maximizing output including nutrition and weight management strategies.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Final written examination on the physiological principles applied.

Reading Assignments:

Instructor generated hand-outs will be provided as supplemental to discussions.

Other Outside Assignments:

Students encouraged to participate in at least one additional activity outside of class.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Lab Activities
- F. Written examination
- G. Evaluation of expert level strength and cardiovascular development assessed through a pre and post-test.
Completion and assessment of a pre and post general fitness test.

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor generated handouts to supplement instruction.

Origination Date: January 2017
Curriculum Committee Approval Date: February 2017
Effective Term: Fall 2017
Course Originator: Andreas Wolf