

Rio Hondo College • Fall, 2017
KINA 134 • Cardio Boot Camp • Section # 73680 • TTh, 8:05 am - 9:30 am
Dr. Diane Stankevitz, DAT, MS, ATC, CSCS, EMT
(626) 833-5763 • contact@athleticmedicine.net • www.athleticmedicine.net • Office Hours by Appointment

Description:

Designed for the improvement of physical fitness and general body conditioning. Includes exercise, aerobic activity, and an overview of basic health concepts with emphasis on the principles of movement efficiency, nutrition, and the relationship of exercise to optimum health. Improvement will occur as a result of active participation for students who repeat this course.

Objectives:

The student will be able to demonstrate a variety of beneficial cardiorespiratory activities, demonstrate a personal fitness level compatible with his/her abilities through performance tests, display the acquisition of knowledge about the benefits of cardiorespiratory fitness through written tests, apply learned principles of cardiorespiratory fitness to the development of a lifetime plan for good health and fitness. The student will demonstrate, by written assignments, the ability to abstract critical information from reading and lecture assignments.

Content:

The student will have an orientation to wellness and aerobic exercise, safety considerations and exercise demonstrations, group cardiorespiratory activity with application of individualized levels of intensity, progressive fitness levels and overloading frequency, intensity, and duration, and fitness maintenance.

Student Learning Outcomes:

The student will increase heart rate to "target zone". The student will monitor exercise heart rate and recovery rate. Students will gain an understanding of the importance of physical activity combined with a heart healthy diet as tool to maintain their overall health and wellness.

Class Requirements and Procedures:

For the policy regarding class withdrawal please refer to the current course catalog. **THE INSTRUCTOR IS NOT RESPONSIBLE FOR DROPPING THE STUDENT FROM THE CLASS!** The instructor reserves the right to drop you from the course if at any time you accumulate absences totally 4 or more hours prior to the drop deadline. There will be no make-up assignments. Any situations must be discussed with the instructor prior to the test.

Dress Code:

Wear comfortable exercise attire that allows freedom of movement. No jeans, jean shorts or tight fitting clothing that restricts movement will be permitted. Supportive bra must be worn. No excessive jewelry. Supportive athletic shoes must be worn!

Assumption of Risk by Student:

The student assumes the potential risks and consequences described. The student must complete and sign a PAR-Q form. Any positive responses on the PAR-Q may result in a clearance from a doctor before the student may participate. If the student fails to receive a doctor's clearance, he or she must drop the course.

Academic Dishonesty:

A student who employs dishonest tactics shall be subject to action ranging from reprimand to an "F" in the course.

Behavioral and Training Considerations: Start slowly at your own fitness level and work at your own fitness pace. Be sure to get enough sleep and "fuel" your body prior to class. Bring a towel to use for floor exercise and to wipe off equipment after use. Any equipment used during class must be neatly returned to its appropriate place at the end of class. Please practice personal hygiene. Take showers daily. Wash your clothes. Do not wear heavy perfume in class. As the semester goes on, the intensity and complexity of the class will increase. Focus on your exercise program to improve your health and fitness. Having a good time in class while seriously attending to your workout is entirely acceptable. Please keep social talking to a minimum during class time as it is disruptive and takes away from your concentration. The instructor will give appropriate breaks for water and rest. Please bring bottled water. Breaks will occur frequently during the beginning of the semester and will decrease as your fitness improves. Please use the restroom before class begins. This course will begin relatively easy and becomes progressively more difficult. Please use the restroom before class begins. If you are ill and need to leave, please inform the instructor.

Please do not bring your children to class.

Participation:

Each student will receive points for each participated day. Each non-participated day, tardy, and/or leaving early will result in a reduction of your participation grade. Excessive tardies are the equivalent of being absence. Leaving class early will have the same repercussions as being late. If you are tardy and do not inform the instructor it will count as an absence. You will be permitted a total of four absences. No make-ups or excused absences are permitted. If you become seriously ill or injured and you miss class for an extended period of time, please contact the instructor as soon as possible. Standing, sitting, or watching class is not participating and will count as an absence.

Assignments:

Assignments pertaining to the course will be assigned at the instructor's discretion and are due by the date given by the instructor. If an assignment is done together as a class, it will be due at the end of that class period. If you are absent during that day, the assignment CANNOT be made up and you will automatically lose those points. If assignments with a due date are turned in late, incomplete, or incorrect will receive reduced or no credit.

Cell Phones and Pagers Must be Turned OFF During Class!!!!!!

Caveat:

The instructor reserves the right to change the content and/or sequence of this course.

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| Assignment | Points |
|------------------------------|---------------|
| Participation | 1000 |
| Final | 200 |
| Post Fitness Test | 25 |
| Post Measurements | 25 |
| Rough Draft | 50 |
| Lecture | 25 |
| Pre Fitness Test | 25 |
| Pre Measurements | 25 |
| Orientation | 25 |
| Total Semester Points | 1400 |
| 90% to 100% = A | 1260 to 1400 |
| 80% to 89% = B | 1120 to 1259 |
| 70% to 79% = C | 980 to 1119 |
| 60% to 69% = D | 840 to 979 |
| 59% and Below = F | 839 and below |

| Date | Activities & Assignments |
|------------------------------|--|
| Tuesday, August 22, 2017 | Orientation |
| Thursday, August 24, 2017 | Pre Measurements |
| Tuesday, August 29, 2017 | Pre Fitness Test |
| Thursday, August 31, 2017 | Circuit |
| Tuesday, September 5, 2017 | Step |
| Thursday, September 7, 2017 | Ropes |
| Tuesday, September 12, 2017 | Cardiokickboxing/Aerobics |
| Thursday, September 14, 2017 | Calisthenics |
| Tuesday, September 19, 2017 | Run |
| Thursday, September 21, 2017 | Circuit |
| Tuesday, September 26, 2017 | Step |
| Thursday, September 28, 2017 | Ropes |
| Tuesday, October 3, 2017 | Cardiokickboxing/Aerobics |
| Thursday, October 5, 2017 | Calisthenics |
| Tuesday, October 10, 2017 | Run |
| Thursday, October 12, 2017 | Lecture |
| Tuesday, October 17, 2017 | Circuit |
| Thursday, October 19, 2017 | Step |
| Tuesday, October 24, 2017 | Ropes |
| Thursday, October 26, 2017 | Cardiokickboxing/Aerobics |
| Tuesday, October 31, 2017 | Calisthenics |
| Thursday, November 2, 2017 | Run |
| Tuesday, November 7, 2017 | Circuit |
| Thursday, November 9, 2017 | Step |
| Tuesday, November 14, 2017 | Ropes |
| Thursday, November 16, 2017 | Cardiokickboxing/Aerobics |
| Tuesday, November 21, 2017 | Calisthenics |
| Thursday, November 23, 2017 | Thanksgiving Holiday - No Class |
| Tuesday, November 28, 2017 | Post Measurements |
| Thursday, November 30, 2017 | Post Fitness Test |
| Thursday, December 7, 2017 | Final - Not attending this day will lower your grade by one letter |