

**Rio Hondo College • # 35115 • KINA 134 Cardio Boot Camp**

**Spring • 2020 • TTH • 8:05 AM to 9:30 AM**

Dr. Diane Stankevitz, DAT, MS, ATC, CSCS, EMT

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<u>Points</u>	<u>Assignment</u>	<u>Overall</u>
05	Pre Measurements	90% to 100% = A
05	Pre Fitness Test	80% to 89% = B
05	Post Measurements	70% to 79% = C
05	Post Fitness Test	60% to 69% = D
10	Rough Draft	59% and below = F
20	Final	
<u>50</u>	<u>Participation</u>	
100	Total Points	

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Tuesday, January 28, 2020	Orientation/Adds
Thursday, January 30, 2020	Pre Measurements
Tuesday, February 4, 2020	Pre Fitness Testing
Thursday, February 6, 2020	Circuit
Tuesday, February 11, 2020	Circuit
Thursday, February 13, 2020	Step
Tuesday, February 18, 2020	Circuit
Thursday, February 20, 2020	Ropes
Tuesday, February 25, 2020	Circuit
Thursday, February 27, 2020	Aerobics/Cardiokickboxing
Tuesday, March 3, 2020	Circuit
Thursday, March 5, 2020	Calisthenics
Tuesday, March 10, 2020	Circuit
Thursday, March 12, 2020	Step
Tuesday, March 17, 2020	Lecture
Thursday, March 19, 2020	Ropes
Tuesday, March 31, 2020	Circuit
Thursday, April 2, 2020	Aerobics/Cardiokickboxing
Tuesday, April 7, 2020	Circuit
Thursday, April 9, 2020	Calisthenics
Tuesday, April 14, 2020	Circuit
Thursday, April 16, 2020	Step
Tuesday, April 21, 2020	Circuit
Thursday, April 23, 2020	Ropes
Tuesday, April 28, 2020	Circuit
Thursday, April 30, 2020	Aerobics/Cardiokickboxing
Tuesday, May 5, 2020	Circuit
Thursday, May 7, 2020	Calisthenics
Tuesday, May 12, 2020	Post Measurements
Thursday, May 14, 2020	Post Fitness Testing
Thursday, May 21, 2020	Final

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**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 absent. 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 Must be Turned OFF During Class!!!!!!****Caveat:**

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