

Ventura College Course Syllabus

FALL 2017 KIN V19

Course No.: KIN V19 **Course Title:** Indoor Cross Fitness Training **CRN#:** 70431 **Units:** 1.0
Room #: FITC (Fitness Center) and AEC-WTRM (Weight Room)

F. C. OPEN HOURS: Mon.: 7:00 AM – 7:30 PM /Tues: 7:30 AM – 7:00 PM
Wed.: 7:00 AM-7:00 PM/Thurs.:7:30 AM-7:00 PM/Fri: 9:00 AM-1:00 PM
Sat & Sun: Closed

- **Fitness Center is closed Mon - Thurs. from 1:00-3:00 for our EAC Classes**

WEIGHT ROOM OPEN HOURS:

Mon & Wed.: 9:00 AM- 12:00 PM
Tues. & Thurs.:9:00 AM-12:00 PM and 4:00-5:30 PM
Fri, Sat & Sun: Closed

FALL CALENDAR

Instruction Begins – Aug. 14
Sept. 4: Holiday/No classes
Last Day to Add – Sept. 21
Last Day to Drop without a “W” – Sept. 21
Last Day to apply for pass/no pass –Sept 21
November 10- Holiday/No classes in session
November 20-24 - Holiday/No classes in session
Final Day to Work out – Dec.8

ADD/WITHDRAWAL POLICY

The last day to add this class- Sept 21
The last day to drop with a refund- Sept 18
The last day to withdraw from this class
and receive a “W”- Nov 9.

PLEASE NOTE Any student who is enrolled in the class with any time on the computer will receive the appropriate grade, unless he/she continues to fail to attend throughout the semester in which case you may be dropped.

Prerequisite: None

Required Reading: Handouts provided by the instructors in preparation for the optional final exam.

Course Description: This course is designed to improve cardiovascular efficiency, muscle strength and overall conditioning for beginning level to advanced students. This is a cross training program combining functional training with cardiovascular training using an organized circuit framework. Flexibility training is also emphasized to enhance skeletal range of motion. Mastery of information on exercise methods and principles, physiology of the human body, fitness evaluation methodologies, and nutrition education is an expected student outcome.

Attendance and Participation Policy: Attendance and participation in this class is mandatory. A sound exercise program includes at least three sessions per week of approximately one hour per workout (> 3 hours per week). The average hours to obtain an A are 3 3/4 hours per week. Over the course of the semester this will total 60 hours, which is the maximum number of hours for which a student can earn credit. All students are strongly recommended to complete the “super circuit” during each visit. After completing the circuit, students may continue their workout in other areas of the fitness center. All students are required to follow all fitness center and weight room policies and safety guidelines.

Grading Policy: Evaluation and grading will be made based on the following scale:

A= 56-60 Total Hours
B= 51-55 Total Hours
C= 46-50 Total Hours
D= 41-45 Total Hours
F= 40 and below Total Hours

*Orientation: Eight (8) hours will be manually added in to the computer tracking system.

Optional methods of earning extra hours (Up to 14 hours can be earned)

Assessment (Pre)	One Hour
Assessment (Post)	One Hour
Written Final Exam	Two Hours
Canvas Video Reports: 5 Videos at two Hours per Video	

Pass/ No Pass Option: "Pass" will be received if the student achieves a grade equivalent to "C" or better. "No Pass" will be assigned if the student achieves the equivalent of a "D" or "F".

Fitness Center Class Policies and Safety Guidelines:

You will be expected to follow the rules of the fitness center, which are as follows:

- 1. All persons using the fitness center must have, and display, a valid Ventura College Fitness Center I.D. badge.**
- 2. Students are required to bring a towel to class to wipe down equipment before and after use.**
- 3. Appropriate workout clothing and close-toed athletic shoes are required at all times.**
- 4. Always warm up prior to exercising.**
- 5. No food or drink (except water in closable, plastic containers) allowed.**
- 6. No cell phone use allowed in the Center due to safety and privacy regulations. (Except for personal music with headphones)**
- 7. Do not leave the room unless you have clocked out. If you leave and you have not clocked out your hours will not count for that session.**
- 8. Students are limited to a maximum of 2 hours credit per session.**
- 9. Put away all floor mats when you are finished using them.**
- 10. Complete all lifts with proper form and technique.**
- 11. Do not attempt weights that are entirely too heavy.**
- 12. Do not leave valuables unattended in the fitness center. Use the lockers in the locker rooms. We are not responsible for lost or damaged personal belongings.**
- 13. All policies listed in the Ventura College Catalog regarding student conduct are applicable at all times in the fitness center and weight room.**

Student Learning Outcomes
Course: KIN V 19

Student outcomes: At the end of this course, the student should be able to:	Assessment
○ Compare and contrast the benefits of cross training techniques to develop physical fitness	Written test
○ List the five basic principles of exercise physiology as it relates to crossfitness training.	Written test

GRADING

Attendance and Participation: 60 hours *maximum* of attendance will be applied toward the final grade. However, students are not limited to 60 hours of participation, and may attend as much time as they would like. Each student is limited to a maximum of 2 hours of credit per session.

Orientation: ALL STUDENTS (including those who are repeating the class) are required to participate in an orientation before participating in the class. An orientation video and quiz must be completed using the VC portal and click on the Canvas link to your class. Once the quiz is 100% correct, follow the directions on your Canvas site to either print the quiz or take a screen shot of the quiz and bring it to any of the one hour orientations available. The completed orientation which includes watching the video, completing the quiz and attending a 30 minute orientation in the fitness center will award eight (8) hours of credit which will be manually added in to the computer tracking system. Students will be allowed to workout beginning August 14 following their orientation.

Assessment: Each student can participate in a pre-class and a post-class physical assessment to earn extra hours. This assessment will measure height, weight, abdominal strength, upper body strength, and body-mass index or body composition and give each student the opportunity to measure progress made toward fitness goals throughout the semester. The pre-class assessment will be conducted by the faculty member on duty in class Aug. 28-Sept.1, while the post-class assessment will be conducted Nov. 27-Dec. 1. Each student will receive one hour for each assessment, for a possible total of 2 hours toward the final grade.

Final Exam: An optional written final exam will be administered during the week of Dec. 1-6. The final exam will cover all materials discussed and handed out during the semester. A student can earn up to 2 hours credit toward his/her final grade on the final exam.