

**Kinesiology Department Course Syllabus for
Kinesiology 128 A, B, C, D – Training Modalities**

SPRING 2024

Location: Wellness Fitness Center

Student Hours: Mon-Thurs 8am-6pm; Fri 9am-2pm and Sat. 9am-2pm

Kinesiology 128A (Cardio Training), 128B (Muscular Training), 128C (Functional Training) and 128D (Periodization Training) are Pass/No Pass classes. No letter grades will be given. Students must complete ALL requirements to receive a “Pass” grade. Should a student not complete any one of the assessment requirements # 1-5, the student will receive a “No Pass” grade.

A. STUDENT ASSESSMENT REQUIREMENTS FOR 128A, 128B, 128C and 128D

1. **Complete orientation:** Orientations are mandatory, will cover all requirements and will be given at the top of each hour during the first two weeks of the semester. Student must be enrolled and your Palomar Student Activity ID Card is required for orientation. Student ID card can be obtained by contacting Student Life & Leadership <https://www.palomar.edu/studentlifeandleadership/student-activity-card/>. Students must also complete and calculate their own personal Cardio Heart Rate in the designated box, as well as, read and sign the Acknowledgement on the exercise card.
2. **Complete both “Pre” and “Post” Fitness Tests:** “Pre-Test” is completed during orientation along with Calculating your Cardio Heart Rate. “Post Test” is completed on or before the final day to workout. **(5/25/24).**
3. **Document each Workout:** Date and record results for each visit.
4. **Complete minimum requirements for both hours and visits: (38 Hours & 27 Visits).** These are 70% of the total hours for a 1unit lab course set by the State and is absolutely not negotiable. **A “visit” must be a minimum of 20 minutes workout time. (only 1 visit/day for Fall and Spring semester). All workouts must be completed in the WFC only.**
5. **Turn in your fitness workout card:** on your last workout (for accurate results), complete “Post-test”. Upon completion of all requirements, leave fitness card in file cabinet at the conclusion of the semester. (suggested to take photo of the Exercise Card for proof of signatures and record.)

Note: This course has minimal safety requirements. Students must have the ability to independently navigate themselves through the Wellness Center without assistance. Which includes the exercise area, as well as the locker room/restroom area. Students must also have the ability to get on and off or in and out of the treadmills, elliptical machines, step-master, and all other machines in the Fitness Center. As a student

enrolled in this course if you feel you need additional assistance with these minimal safety requirements and/or the policies, procedures in order to participate please make an appointment with a Palomar College DRC counselor.

B. STUDENT REGULATIONS AND WELLNESS FITNESS CENTER POLICIES

The following regulations and policies will help you proceed through KINE 128 without any difficulty. Please follow these to ensure a quality workout, positive experience and successful completion of the course.

1. Students are **required to bring a workout towel and be dressed in proper workout clothes** upon entering the WFC. (please refer to dress code on page 3).
2. Palomar Student Activity ID Card is required to use WFC. **NO Student ID CARD and NO TOWEL = NO WORKOUT**. Should computer be down, record start/end time where "Computer down time" is indicated. Instructor signature verification is required at that visit. These hours and visits will be added at the end of the semester.
3. Students may only attend **once** a day for up to **2** hours max. **Exceeding the 2-hour limit will result in: 01 min of time and loss of visit. Adjusted time will not be reflected in your hourly total when logging out. Adjustment will be calculated at end of semester.**
4. **All workouts are to be done in the WFC only. There is no extra credit. Only hours and visits completed in the WFC will be approved.** Should you need to exit the WFC at any time, you will be immediately swiped out.
5. **WFC locker rooms, showers, lockers are NOT for student use.** Students may use restroom facility however, students may NOT change their cloths in the facility. The Women's student locker room is located in the SW (pool facility) building. Men's student locker room is located in the M building.
6. **NO CELL PHONE USAGE** on the workout floor/stretching area. This is a workout facility and classroom, not a lounge.
7. Water bottles only. **No food, no sugar drinks.** (i.e. sodas, Gatorade, Powerade, etc)
8. If any of these requirements are not met, you may be asked to leave the facility.

Note: Regulations and policies are subject to change due to safety protocols of COVID -19 and its' variants, by the Federal, State, & Local government agencies, as well as, the Palomar Community College District.

C. KINE 128 AND WELLNESS FITNESS CENTER PROCEDURES

1. Enter WFC dressed in workout clothes, athletic footwear, and have your workout towel visible with your Palomar Student Activity ID Card ready to check in at desk. (students are NOT allowed to change cloths in WFC Locker Rooms).
2. Your ID card will be swiped to begin your workout time.
3. Store all personal belongings in the small wooden lockers on premises.
4. Retrieve your lab card located in the KINE 128 file cabinet.
5. Take card, towel, water bottle, and a pencil onto floor with you. Date and record training information. Documentation on your fitness card will be verified with a daily Attendance Tracking Report at end of semester. A lab instructor is on duty to assist you with your workout.
6. You must use the provided Cleaning solution and cleaning towels/wipes to clean each machine and/or equipment prior to using it and repeat the cleaning of the machine/equipment once finished using it.
7. At conclusion of workout, file fitness card alphabetically in the cabinet. **Your fitness card is to be kept in the WFC at all times. You are responsible for your fitness card. You will only be issued one card for the semester. Do not lose it!**
8. Stop at desk to swipe out and retrieve your Student ID card. Cumulative hours can be provided at that time
9. Leave your workout card in the file cabinet at the end of the semester. It will be collected by the KINE 128 coordinator for assessment.

D. HELPFUL HINTS and REMINDERS FOR SUCCESS

- **NO TOWEL, NO Student ID, NO WORKOUT CLOTHES = NO WORKOUT**
- You must always wear proper workout clothes/shoes. You will not be allowed to work out if dress code is not followed. **NO JEANS, NO CASUAL SLACKS, NO CUT-OFFS, NO CARGO SHORTS, NO BERMUDA SHORTS, NO SWIMMING TRUNKS, NO SANDALS, NO CLOTHING WITH BUTTONS, BELTS, RIVETS, OR ZIPPERS, NO SKIRTS, NO DRESSES, NO HEELED SHOES, NO BOOTS OF ANY KIND.**
- **Students are not allowed to change clothes or shower at the WFC at any time.**
- You must always bring and swipe your Palomar Student Activity ID Card upon entry of the WFC before beginning your workout. **NO Student ID =NO WORKOUT**
- No sugar drinks allowed. Water bottles are acceptable and recommended.
- No cell phone usage on the workout floor.
- Check your progress after each workout for cumulative time.
- Stay informed. Check the large white message board by the windows to learn about current changes and updates.

E. STUDENT LEARNING OUTCOMES

Student Learning Outcomes KINE 128 A Cardio

1. Assess and evaluate their own individual cardio respiratory fitness level.
2. Compose a personal fitness plan based on individual fitness level using the FITT principle.
3. Identify target heart rate and apply training mechanisms to improve cardio respiratory endurance.
4. Student will acquire knowledge and demonstrate skills to safely engage in various cardiorespiratory activities and the use of exercise equipment.
5. Explain the importance of physical fitness and development of lifelong health and wellness practices.
6. Recognize cardio respiratory fitness terminology, spacial awareness and training etiquette.

Student Learning Outcomes KINE 128 B Muscular

1. Assess and evaluate students' individual cardio respiratory fitness level.
2. Compose a personal fitness plan based on individual fitness level using the FITT principle.
3. Analyze, evaluate and demonstrate an improvement in muscular strength or muscular endurance.
4. Select and execute proper exercises which target specific muscle groups.
5. Explain the importance of physical fitness and the development of lifelong health and wellness practices
6. Recognize muscular strength and endurance terminology, spatial awareness and training etiquette.

Student Learning Outcomes KINE 128 C Functional

1. Explain the importance of functional fitness exercises and the development of lifelong health and wellness practices.
2. Recognize terminology, spatial awareness and etiquette respective to the individual class requirements.
3. Student will assess fitness level and track improvements in exercises they identify as functional fitness training modes.
4. Student will be able to design personalized functional exercise program
5. Translate F.I.T.T. principles of frequency, intensity, time and type into physical activities of various genres.

Student Learning Outcomes KINE 128 D Periodization

1. Assess and evaluate initial individual fitness level and improvements.
2. Compose a personal fitness plan based on individual fitness level using the FITT principle.
3. Identify target heart rate and apply training mechanisms to improve cardio respiratory endurance.

4. Student will critically analyze, evaluate, and report on their periodization progress.
5. Explain the importance of physical fitness and development of lifelong health and wellness practices

NOTE: If your personal schedule prohibits you to realistically meet all the requirements for the 128 A, B, C or D, it is advised you take the lab another semester. Adhering to the requirements will be consistent with every student regardless of a student's outside personal circumstances.

***Lead Instructor for this course contact: Dan Early (dearly@palomar.edu).**