COLLEGE OF THE DESERT

Course Code KINE-046

Course Outline of Record

1. Course Code: KINE-046
2. a. Long Course Title: Endurance Training (Running/Swimming/Cardio-Respiratory)
   b. Short Course Title: ENDURANCE TRAINING
3. a. Catalog Course Description:
   This course provides emphasis on cardio-respiratory conditioning involving both running and swimming. Students participate in specific designed workouts to improve their endurance and speed in both running and swimming. Students will be tested on body composition, muscular strength, cardiovascular and core conditioning.
   b. Class Schedule Course Description:
   This class provides endurance specific workouts and biomechanical analysis of both running and swimming. Students must be able to swim the length of the pool unaided and in constant motion.
   c. Semester Cycle (*if applicable*): Fall semester
   d. Name of Approved Program(s):
   - KINESIOLOGY Associate in Arts for Transfer Degree (AA-T)
4. Total Units: 2.00 Total Semester Hrs: 72.00
   Lecture Units: 1 Semester Lecture Hrs: 18.00
   Lab Units: 1 Semester Lab Hrs: 54.00
   Class Size Maximum: 35 Allow Audit: No
   Repeatability No Repeats Allowed
   Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
   Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
   N/A
6. Textbooks, Required Reading or Software: *(List in APA or MLA format.)* N/A
7. Entrance Skills: *Before entering the course students must be able:*
   a. be eligible to take college credit courses.
   b.
   1. Be able to swim 25 yards comfortably

8. Course Content and Scope:

Lecture:

1. Benefits of cardio-respiratory conditioning and safety precautions
2. Optimal nutrition for endurance events and recovery
3. Energy systems, fuel sources, duration and examples of athletes who train in these systems, and examples of how to train these systems efficiently
4. Swimming form and technique
5. Swimming drills to improve biomechanics
6. Interval training in swimming
7. Analysis of strokes
8. Different field tests of swimming
9. Running agility drills and efficiency
10. Running field tests various distances
11. High intensity running intervals
12. Trail running, benefits and biomechanics
13. Muscular endurance fitness design
14. Core training design

15. Exercise progression and timeline to improve endurance in both swimming and running safely

Lab: *(if the "Lab Hours" is greater than zero this is required)*

1. Personalized fitness assessment
    1. goal setting
    2. heart rate
    3. current fitness level
2. Biomechanics, Application and Principles
    1. variety of swimming drills, tips and techniques to enhance swimming strokes
    2. variety of drills, agilities for both speed and endurance running
    3. trail running, techniques for both intervals speed and endurance, uphill and downhill
3. Principles of safety and tolerance and exercise progression
    1. training guidelines
    2. proper warm-up and cool down
    3. common injury prevention
4. Cardiorespiratory fitness assessment
    1. swimming distance testing
    2. swimming speed testing
    3. running speed testing
    4. running distance testing

5. Muscular endurance testing
    1. various individual testing
    2. core strength
6. Body composition
    1. goal setting
    2. assessment and analyzation
7. Principles of flexibility
    1. benefits of dynamic stretching
    2. benefits of static stretching
    3. importance of stretching for regeneration and recovery

9. Course Student Learning Outcomes:
    1. Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.
    2. Demonstrate an understanding of the relationship between fitness, nutrition and weight management.
    3. Identify those health habits associated with optimum wellness and physical well-being.
    4.
    4. Demonstrate proper biomechanics for various strokes in swimming such as freestyle, breastroke and backstroke.

5. Recognize basic swimming drills to enhance form, efficiency and speed.

6. Demonstrate various agility drills and biomechanics to improve running efficiency, speed and endurance.

7. Identify various energy pathways and endurance exercise prescription and programming to improve anaerobic and aerobic conditioning.

10. Course Objectives: *Upon completion of this course, students will be able to:*
    a. Explain principles and benefits of cardio-respiratory fitness.
    b. Demonstrate proper agility drills to improve form, speed and endurance while running.
    c. Demonstrate proper form drills to enhance biomechanics of swimming.
    d. Read resting, active, and recovery heart rates.
    e. Demonstrate improved cardio-respiratory and muscular endurance, and core strength.
    f. Design and analyze various cardio-respiratory fitness programming, and timelines to transform into individual personal programming.
    g. Express fitness related goals in both short term and long term goal setting in a personalized fitness journal.
    h. Demonstrate an understanding of safety and injury prevention.
    i. Summarize the various energy sources, energy systems, fuel sources and timelines involved in anaerobic and aerobic pathways.
    j. Evaluate personal improvement in cardio-respiratory, muscular and core endurance through analyzing fitness testing done in class.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*
    a. Activity
    b. Collaborative/Team
    c. Demonstration, Repetition/Practice
    d. Discussion
    e. Individualized Study
    f. Journal
    g. Laboratory
    h. Lecture
    i. Observation
    j. Participation
    k. Self-exploration

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*
    In Class Hours: 36.00
    Outside Class Hours: 18.00
    a. In-class Assignments

1. drills, techniques and application of biomechanics of swimming
2. drills, techniques and application of biomechanics of running
3. fitness testing of both anerobic and aerobic endurance in both swimming and running fitness testing
4. fitness testing for muscular endurance and core strength
5. body compostion analysis in both pre and post fitness testing

b. Development of a personal exercise program.
c. Goal sheet pre and post for body composition, muscular endurance and cardiorespiratory fitness

b. Out-of-class Assignments

a. Reading handouts
b. Skill practice
c. Development of a personal exercise program
d. Goal sheet pre and post for body composition, muscular endurance and cardiorespiratory fitness
e. video analysis

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*
    - Written homework
    - Critiques
    - Portfolios
    - Self-paced testing
    - Laboratory projects
      various fitness testing pre and post personal fitness goal sheets
    - Field/physical activity observations
    - Presentations/student demonstration observations
    - Group activity participation/observation
    - Self/peer assessment and portfolio evaluation
    - Student preparation

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*
    PO-GE C5 – Personal Growth and Development
    Exhibit habits of intellectual exploration, personal responsibility, and well being.
    IO - Personal and Professional Development
    Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year

17. Special Materials and/or Equipment Required of Students:
    Running shoes, bathing suit, goggles

18. Materials Fees: ☐ Required Material?

Material or Item	Cost Per Unit	Total Cost

19. Provide Reasons for the Substantial Modifications or New Course:

    This course meets the diverse needs of the students; fulfilling both the acquatic and fitness sections of the TMC. Increased course content, number of fitness assessments and more emphasis on various techniques and biomechanics.

20. a. Cross-Listed Course *(Enter Course Code)*: *N/A*
    b. Replacement Course *(Enter original Course Code)*: *N/A*

21. Grading Method *(choose one)*: Letter Grade Only

22. MIS Course Data Elements
    a. Course Control Number [CB00]: CCC000570143
    b. T.O.P. Code [CB03]: 83500.00 - Physical Education
    c. Credit Status [CB04]: D - Credit - Degree Applicable
    d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
    e. Basic Skills Status [CB08]: 2N = Not basic skills course
    f. Vocational Status [CB09]: Not Occupational
    g. Course Classification [CB11]: Y - Credit Course
    h. Special Class Status [CB13]: N - Not Special
    i. Course CAN Code [CB14]: *N/A*
    j. Course Prior to College Level [CB21]: Y = Not Applicable
    k. Course Noncredit Category [CB22]: Y - Not Applicable
    l. Funding Agency Category [CB23]: Y = Not Applicable
    m. Program Status [CB24]: 1 = Program Applicable

    Name of Approved Program *(if program-applicable)*: *N/A*
    Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment
    First Year: 30
    Third Year: 30

24. Resources - Faculty - Discipline and Other Qualifications:
    a. Sufficient Faculty Resources: Yes
    b. If No, list number of FTE needed to offer this course: *N/A*

25. Additional Equipment and/or Supplies Needed and Source of Funding.
    N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. *(Explain:)*
    N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES
    Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 09/10/15