**Cañada College**

**Department of Kinesiology**

**FITN 118 Beginning Fitness Center**

**Spring 2015**

**Fitness Center Hours of Operation:**

**Monday through Saturday, 7:00 am-1:00 pm**

**Monday through Thursday, 5:30 pm-8:30 pm**

**Bldg. /Room: 01 – 138**

[**http://www.canadacollege.edu/fitnesscenter**](http://www.canadacollege.edu/fitnesscenter)

**Instructor:** Fitness Center Staff, **Office:** 01- 138, **Office Phone:** 650.306.3424, **email:** carrn@smccd.edu

**Course Description:**

Continuation of FITN 117. FITN 118 is the second installment of a series of courses that promotes participation in physical activity while in a fitness setting, fostering lifelong health and wellness. Examines the importance of both strength and cardiovascular training to maintain healthy body composition. Explores the advantages of free-weight exercises, workout organization, aerobic versus anaerobic training, basic exercise physiology, fitness assessment and goal setting. *Students enrolled in 1.0 unit course are expected to attend an average of 3 hours per week. Students enrolled in 2.0-unit course are expected to attend an average of 6 hours per week.*  ***Students may use the Fitness Center to accrue attendance hours any time during operating hours. See above for hours of operation.***

BSL: Open Curriculum. PREREQ: FITN 117. Transfer: CSU: E2, UC\*.

**\*Please note that it is always the responsibility of the student to withdraw from this class that he/she no longer plans to attend. The last day to withdraw from a semester long course (spring 2015) *with* a “W” is 4/30/15.**

**Course Content**

* On-line orientation – <http://canadacollege.edu/fitnesscenter/>
* Determination of readiness for exercise
* Assessment of health related components of fitness (pre and post)
* Set fitness/wellness goals (long term, short term and immediate)
* Basic exercise/wellness prescription (Cardiorespiratory Fitness, Muscular Strength and Endurance, body Composition, and Flexibly)
* Apply strength and conditioning principles
* Safe and effective use of aerobic equipment, selectorized machines, free weights and functional training apparatus
* Fitness/activity log monitoring progression towards fitness goals

**Required Equipment**

* Athletic shoes
* Shorts, T-shirts, sweats or warm-ups
* Full-sized towel

*PLEASE, NO jeans, cut-offs, dress shoe, boots or sport sandals*. *Inappropriate attire will effect attendance/participation grade****.***

**Student Learning Outcomes**

1. Demonstrate ability to assess body composition.
2. Use technology to improve outcome in a fitness setting.
3. Identify and apply fundamental training principles to improve fitness (Specificity, Overload, Progression, Variation, Regularity and Reversibility).
4. Use safe form and techniques while using free weights.
5. Recognition that **daily physical activity** is one of the most important components of a healthy, fulfilling life.

**Evaluation**

**FITN 118 is offered Pass/No Pass (P/PN) or letter grade option.**

Grades are based upon:

1. Complete Fitness Center orientation and determination of readiness for exercise in a timely manner
2. Attendance and participations (48 hrs. /semester or 3 hrs. /week for 1 unit) – 65% **(*A minimum of 24 hours is required in order to receive a grade of PASS for 1 unit; a minimum of 48 hour is required in order to receive a grade of PASS for 2 units.)***
3. Complete assessment of a health-related component of fitness (laboratory assignment) – 10 points
4. Create applicable fitness goals (written assignment) – 10 points
5. Design personal fitness/wellness plan (written assignment) – 5 points
6. Fitness/activity log – 5 points
7. Online orientation and quiz – 5 points

**Extra Credit**

* Outside activity log (5 points extra credit)
* Sponsored 5 – 10k Race (5 points extra credit)
* Select reading and writing assignments (maximum of 5 hours total for semester)

**Forward District E-mail**

1. Login to Websmart.
2. Click on the “Student Email” link (at the extreme bottom – you may need to scroll down).
3. This screen will show you your my.smccd Username and Password. Write them down.
4. Go to [http://mail.my.smccd.edu](https://mail.smccd.edu/owa/redir.aspx?C=M2_E7lVH7UeC1ZyfB1CFF97sKrW3w89IuIIAnxW5xRjLn5yZC_0z4Xg4ik-ralYXbmcoAIwLcJ4.&URL=http%3a%2f%2fmail.my.smccd.edu)
5. Enter your username and password to sign in.
6. Click on the “Settings” link in the upper right hand corner of the page.
7. Select the “Forwarding and POP/IMAP” tab on the yellow bar.
8. Select the “Forward a copy of incoming mail to” option.
9. Enter the email address you would like the my.smccd email messages forwarded to.
10. Click on “Save Changes.” The system will send you an email asking you to confirm that you want to do this. You must click on the link in this email and approve the forwarding. You may need to verify the forwarding by going to the inbox of your selected personal email.

**Class Progression Calendar Spring 2015:**

 **Cumulative Time Totals**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Event** | **1 Unit** | **2 Units** |
| **1/22 – 1/24** | * **Fitness Center Orientation**
* **Day and Evening Classes Begin, 1/22/15**
* **Fitness Center is Closed for Declared Recess and in Observance of Martin Luther King, Jr. Day, 1/17 - 1/19**
* **Fitness Center is Closed for Flex Days, 1/20 - 1/21**
 | **Open** | **Open** |
| **1/26 – 1/31** | * **Fitness Center Orientation**
* **Last Day for New Student Orientations is, 1/31**
 | **3 hrs.** | **6 hrs.** |
| **2/2 – 2/7** | * **First Fitness Assessment**
* **Last Day to Late ADD a Semester Length Course, 2/4**
* **Last Day to Drop Semester Length Classes With Eligibility for Partial Refund, 2/4**
 | **6 hrs.** | **12 hrs.** |
| **2/9 – 2/14** | * **First Fitness Assessment**
* **Fitness Center is Closed in Observance Lincoln’s Birthday, 2/13**
* **Fitness Center is Closed for Declared Recess, 2/14-2/15**
 | **9 hrs.** | **18 hrs.** |
| **2/16 – 2/21** | * **First Fitness Assessment**
* **Design Workout Plan**
* **Fitness Center is Closed in Observance of President’s Day, 2/16**
* **Last Day to Drop *Without* a “W”, 2/16**
* **Last Day to Declare P/NP Option, 2/16**
 | **12 hrs.** | **24 hrs.** |
| **2/23 – 2/28** | * **Exercise**
* **Design Workout Plan**
 | **15 hrs.** | **30 hrs.** |
| **3/2 – 3/7** | * **Exercise**
 | **18 hrs.** | **36 hrs.** |
| **3/9 – 3/14** | * **Exercise**
 | **21 hrs.** | **42 hrs.** |
| **3/16 – 3/21** | * **Exercise**
* **Second Fitness Assessment**
 | **24 hrs.** | **48 hrs.** |
| **3/23 – 3/28** | * **Fitness Center is Closed for Spring Recess**
 | **Closed** | **Closed** |
| **3/30 – 4/4** | * **Exercise**
* **Second Fitness Assessment**
 | **27 hrs.** | **54 hrs.** |
| **4/6 – 4/11** | * **Exercise**
 | **30 hrs.** | **60 hrs.** |
| **4/13 – 4/18** | * **Exercise**
 | **33 hrs.** | **66 hrs.** |
| **4/20 – 4/25** | * **Exercise**
 | **36 hrs.** | **72 hrs.** |
| **4/27 – 5/2** | * **Exercise**
* **Last Day to Withdraw from Semester Length Course *with* a “W”, 4/30**
 | **39 hrs.** | **78 hrs.** |
| **5/4 – 5/9** | * **Exercise**
* **Final Fitness Assessment**
 | **42 hrs.** | **84 hrs.** |
| **5/11 – 5/16** | * **Exercise**
* **Final Fitness Assessment**
 | **45 hrs.** | **90 hrs.** |
| **5/18 – 5/23** | * **Exercise**
* **Final Fitness Assessment**
* **Declared Recess, 5/23-5/24**
 | **48 hrs.** | **96 hrs.** |
| **5/25 – 5/30** | * **Fitness Center is Open during Final Examination Week!**
* **Students May Accrue a Maximum of *10 Hours* During this Week for Credit**
* **Fitness Center is Closed in Observance of Memorial Day, 5/25**
 | **Open** | **Open** |
| **6/1** | * **Day and Evening Classes End**
 | **Open** | **Open** |
|  | * **Grades available on WebSMART**
 |  |  |

**\*Please note that it is the responsibility of the student to withdraw from this class.**

The last day to withdraw from a semester long course (spring 2015) *with* a “W” is 4/30/15.