

## **KINE 115 - Cross Training Course Outline**

**Approval Date:** 04/11/2019

**Effective Date:** 08/14/2020

### **SECTION A**

**Unique ID Number** CCC000615977

**Discipline(s)** Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 115

**Course Title** Cross Training

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Provides a holistic course for busy students seeking a well-rounded workout. "Gateway" course allowing students to experience a variety of single subject KINE courses.

**Units** 1.5



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**4. Methods of Instruction:**

**Activity:** Participate in exercise class

**Critique:** Assessment and correction of exercise technique

**Lecture:** Lecture on components of physical fitness

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

**Typical classroom assessment techniques**

Exams/Tests -- written test on fitness principles

Class Participation -- physical participation

Home Work -- reading and writing on fitness principles and techniques

Final Class Performance --