



**Cerritos College
 ARTICULATION AGREEMENT**

<p>Cerritos College Course: KIN 104 – Fitness and Wellness (3 units)</p> <p>Cerritos College 11110 Alondra Blvd. Norwalk, CA 90650</p>	<p>High School Course: Fitness Management</p> <p>La Mirada High School 13520 Adelfa Dr. La Mirada, CA 90638</p>
<p>General College Course Description: KIN 104 Fitness and Wellness: This course is designed to cover topics related to health and wellness including the components of health-related fitness, basic body systems and their functions, injury prevention, goal setting, diseases linked with poor health, managing mental health, nutrition, fitness planning and maintenance, pre/mid/post fitness assessment, and drugs and alcohol and the effects of their usage.</p> <p>General High School Course Description: Fitness Management: This course is designed to cover topics related to health and wellness including the components of health-related fitness, basic body systems and their functions, injury prevention, goal setting, diseases linked with poor health, managing mental health, nutrition, fitness planning and maintenance, pre/mid/post fitness assessment, and drugs and alcohol and the effects of their usage.</p>	
<p>College Prerequisite(s): None</p>	<p>HS/ROCP Prerequisite(s): None</p>
<p>Advisories/Recommendations: None</p>	
<p>Course Content:</p> <p><u>Lecture Content:</u></p> <ol style="list-style-type: none"> 1. Introduction to fitness, wellness, and lifestyle management <ol style="list-style-type: none"> a. Dimensions of wellness b. Behaviors that contribute to wellness 2. Basic principles of physical fitness <ol style="list-style-type: none"> a. Components of fitness: cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, body composition b. Principles of physical training: specificity, progressive overload, reversibility, individual differences 	

3. Cardiorespiratory endurance
 - a. Basic physiology of cardiorespiratory endurance exercise
 - b. Benefits of cardiorespiratory endurance exercise
 - c. Assessing cardiorespiratory fitness
 - d. Developing a cardiorespiratory endurance program
4. Cardiovascular health
 - a. Risk factors for cardiovascular disease
 - b. Major forms of cardiovascular disease
 - c. Reducing the risks of cardiovascular disease
5. Body composition
 - a. Significance of body composition to health, physical activity, self-image
 - b. Assessing body composition
6. Muscular strength and endurance
 - a. Benefits of muscular strength and endurance
 - b. Assessing muscular strength and endurance
 - c. Fundamentals of weight training
 - d. Creating a weight training program
7. Nutrition
 - a. Components of a healthy diet
 - b. Nutritional guidelines
8. Weight management
 - a. Health implications of overweight and obesity
 - b. Weight management and lifestyle
 - c. Strategies for losing weight
 - d. Eating disorders
9. Flexibility
 - a. Benefits of flexibility and stretching exercises
 - b. Determinants of flexibility
 - c. Assessing flexibility
 - d. Creating a flexibility program
10. Stress
 - a. Definition of stress
 - b. Stress and disease
 - c. Common sources of stress
 - d. Managing stress
11. Cancer
 - a. Definition of cancer
 - b. Common cancers
 - c. Causes of cancer
 - d. Prevention
12. Sexually transmitted disease
 - a. Types of sexually transmitted diseases
 - b. Prevention
 - c. Diagnosis and treatment
13. Substance use and abuse
 - a. Addictive behavior
 - b. Psychoactive drugs
 - c. Alcohol
 - d. Tobacco

14. Wellness topics

- a. Developing successful interpersonal relationships
- b. Meeting the challenge of aging
- c. Using the health care system
- d. Environmental health

Lab Content:

1. Pre-, Mid-, and Post- fitness testing
 - a. Cardiorespiratory fitness
 - b. Muscular strength
 - c. Muscular endurance
 - d. Flexibility
 - e. Body composition
 - f. Blood pressure
 - g. Height/Weight
 - h. Waist-to-Hip Ratio
2. Demonstration of the use of various exercise machines in fitness lab
3. Proper goal setting and behavior change techniques.
4. Training zone calculation and exercise benefit zone comparison
5. Exercise prescription and individualized program development
6. Record keeping and the application of progression principles
7. Demonstration of safe and effective exercise techniques emphasizing fitness goal attainment
8. Application of science-based fitness principles
9. Basal Metabolic Rate, Daily Energy Expenditure calculation and caloric expenditure exploration
10. Basic fitness muscular anatomy and action/exercise connection
11. Nutrition analysis and the connection to performance and energy balance
12. Proper execution of specialty fitness equipment and emerging fitness trends
13. Written Exam

Competencies and Skill Requirements.

At the conclusion of this course, the student should be able to:

La Mirada High School SLOs:

1. Describe what a fit and well lifestyle looks like
2. Define the 9 components of wellness and be able to understand their importance as they are associated with fitness and wellness.
3. Define the 5 components of physical fitness
4. Identify-basic muscular anatomy and the 6 different joint types found in the body
5. Create an effective fitness program using basic fitness principles like overload, progression, FITT, Target Heart Rate, and Fitness Testing results.
6. Identify basic body system components and be able to explain their functions.
7. Describe the benefits of Cardiorespiratory Endurance
8. Apply basic strategies to help prevent injuries during fitness
9. Goal setting-both short and long term (Behavior Change/Barriers to Exercise)

10. Describe behaviors that prevent diseases such as cardiovascular disease, diabetes, and cancer
11. Illustrate the body's response to stress and depression
12. Classify nutritional guidelines
13. List effective and safe strategies for weight management
14. Examine the long- and short-term effects of alcohol and tobacco on the body

Cerritos College KIN 104 SLOs

1. Students understand why all 5 components of fitness are important for health and quality of life.
2. Students will demonstrate the ability to design an individualized fitness program including appropriate goal setting, principles of safe and effective exercise, principles of progression and overload.
3. Students understand the basic principle of overload and how to apply this principle when developing an exercise plan.
4. Students understand the basic principle of progression and how to apply this principle when developing an exercise plan.
5. Students demonstrate the ability to measure the 5 components of fitness.
6. Students demonstrate safe and effective ways of exercising.

Measurement Methods

Students will complete the following key assignments:

1. Goal Setting Project
2. Pre, Mid, Post Fitness Measurement Assessment
3. Fitness Project (creating a comprehensive Fitness and Wellness Plan)
4. Muscular/Skeletal model and show functional anatomy
5. Fitness and Wellness Worksheets (i.e. Target Heart Rate Assessment, Barriers to Exercise Assessment, Daily Energy Expenditure, Food Label Analysis)
6. Nutrition Analysis

Textbooks or Other Support Materials:

Fit & Well: Core Concepts and Labs in Physical Fitness
Fahey, Thomas, Paul M. Insel, and William T. Roth
McGraw Hill, 2020

ISBN10: 1264013086
ISBN13: 9781264013081

Procedures for Course Articulation:

Cerritos College credit for the articulated course listed above may be received when the following criteria are met:

1. The student has completed the articulated course, **Fitness Management**, with a grade of "C" or higher.
2. The student has satisfactorily completed the Key Assignments listed above.
3. The students has completed and received a "B" or higher grade on the **Fitness Project Assignment** per the grading rubric provided by Cerritos College. For purposes of consistency validation, La Mirada High School will provide sample A, B, and C graded papers for Cerritos College review each year.
4. The student will complete and submit the Cerritos College *Petition for Credit by Examination for Articulated High School Course* form to the Office of Educational Partnerships & Programs.
5. The student must enroll at Cerritos College within two (2) years from the semester date in which the course was completed.

High School/ROP District Signatures

Cerritos College Signatures

Christine Mead	1/11/21	<i>Carrie Edwards</i>	Jun 21, 2021
Faculty/Department Chair	Date	Instructor/Division Chair	Date
<i>Lisa Reed</i>	<i>1/11/21</i>	<i>[Signature]</i>	Jul 14, 2021
Principal	Date	Dean of Instruction	Date
<i>[Signature]</i>	<i>1/11/21</i>	<u><i>EMR</i></u> <small>E. (Rick) Miranda (Jul 14, 2021 07:58 PDT)</small>	Jul 14, 2021
Superintendent	Date	Vice President	Date











KIN 104 - La Mirada HS - Articulation Agreement_Signed

Final Audit Report

2021-07-14

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