Course Information Form (CIF)

Course Code: KIN 103
Course Title: Exercise Fitness

Department: Natural Sciences
PCS Code: 1.1 - Baccalaureate/Transfer
CIP Code: 31.0501
Repeatability: 2

Effective Date: Summer 2026

Credit Hours

Catalog Notation: 0-2-1
Credit Hour Distribution:

Lecture: 0	Lab: 2	Clinical: 0	**Total: 1**

General Course Information

Catalog Description

Emphasis on activities leading to an individualized fitness program. Activities include cycling, treadmill, elliptical, and the use of strength training equipment. No concurrent enrollment in KIN 147, KIN 203, or KIN 247. Repeatable for a maximum of 3 credit hours.

General Course Objectives

Student will demonstrate proper use of cardiovascular and strength training equipment and participate in an individually designed exercise program.

Minimum Placement Levels

English	Reading	Math
None	None	None

Prerequisites

None

Methods of Evaluation

Attendance (logged workout minutes), written exercise history via email, BodyAge pre- and post-assessment.

Instructional Materials and Additional Supplies

None.

Course Content

General Learning Outcomes (GLOs)

- Technology: Students will demonstrate the ability to evaluate, select, and appropriately use current and emerging tools.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Online Orientation Including Course Requirements, Fitness Center Layout and Rules, and FAQs	1. Explain the components required to reach improved physical fitness/wellness.	0	2	0
Exercise History Assignment: to inform the instructor about exercise and nutritional habits, orthopedic issues, medications, and goals to aid with workout design	1. Demonstrate how the habit of exercise will lead to an appreciation for exercise, resulting in a healthier lifestyle.	0	3	0
Pre- and Post-Assessment	1. Work with the instructor to choose an assessment that correlates to goal for the semester, from one or more of the following areas: anthropometrics, movement archetypes, health-related, cardiovascular, muscular strength, muscular endurance, and mobility. 2. Interpret assessment data and use this information to make educated decisions for personal wellness. Compare assessment results to a standard, and design an exercise program to help reach goals. 3. Complete the post-assessment using the same tests that were assessed at the beginning of the semester, to compare the results and see if progress was made.	0	2	0
Logging Energy Systems Exercise Time in the Fitness Center or on a Polar Training Computer	1. Demonstrate proper exercise technique on both cardiovascular and strength training equipment.	0	23	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
0	30	0