

**Course Code:** KIN 203

**Course Title:** Exercise Fitness II

**Department:** Natural Sciences

**Effective Date:** Summer 2026

**PCS Code:** 1.1 - Baccalaureate/Transfer

**CIP Code:** 31.0501

**Repeatability:** 3

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## Credit Hours

**Catalog Notation:** 0-2-1

**Credit Hour Distribution:**

Lecture: 0

Lab: 2

Clinical: 0

**Total: 1**

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## General Course Information

### Catalog Description

Advanced concepts of training under the direction of a personal trainer from Parkland's PFT Program to improve fitness. Use of Parkland Fitness Center. No concurrent enrollment in KIN 103, KIN 147, or KIN 247. Repeatable for a maximum of 4 credit hours.

### General Course Objectives

- To teach and modify student behavior as it relates to total fitness.
- To improve student's overall fitness level as measured by assessments.
- To understand concepts of muscular strength, endurance, and cardiovascular efficiency.

### Minimum Placement Levels

**English**

None

**Reading**

None

**Math**

None

### Prerequisites

None

### Methods of Evaluation

Completion of orientation, pre- and post-assessments, and adherence to training schedule/sessions with the personal trainer.

### 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
Orientation	1. Explain overall course structure, regular assignment schedule, and location of more detailed information and policies.	0	1	0
Pre-Assessment	1. Evaluate fitness level utilizing a variety of assessment tools, including but not limited to: sub-maximal VO <sub>2</sub> , Functional Movement Screen, body weight movement pattern testing, free weight exercise multiple repetition max testing, and other selected performance tests.	0	2	0
Training Sessions	1. Demonstrate proper technique during advanced concepts of training, including but not limited to the use of energy systems training with intensity measured by heart rate.	0	25	0
Post-Assessment	1. Re-evaluate fitness level utilizing a variety of assessment tools, including but not limited to: sub-maximal VO <sub>2</sub> , Functional Movement Screen, body weight movement pattern testing, free weight exercise multiple repetition max testing, and other selected performance tests. 2. Compare pre- and post-assessment. 3. Demonstrate improvement in fitness level from pre- to post-assessment.	0	2	0

#### Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
0	30	0