

### Course Outline

**COURSE:** KIN 24C                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 24      PE 24

**TERM EFFECTIVE:** Fall 2013                      **CURRICULUM APPROVAL DATE:** 02/25/2013

**SHORT TITLE:** INDIV WEIGHT TRAIN - LEVEL 3

**LONG TITLE:** Individualized Weight Training - Level 3

| <u>Units</u> | <u>Number of Weeks</u> | <u>Type</u> | <u>Contact Hours/Week</u> | <u>Total Contact Hours</u> |
|--------------|------------------------|-------------|---------------------------|----------------------------|
| .5 OR 1      | 18                     | Lecture:    | 0                         | 0                          |
|              |                        | Lab:        | 1.5 OR 3                  | 27 OR 54                   |
|              |                        | Other:      | 0                         | 0                          |
|              |                        | Total:      | 1.5 OR 3                  | 27 OR 54                   |

#### **COURSE DESCRIPTION:**

An open laboratory for those who desire an individualized strength training program using strength and strength endurance training including plyometrics. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 24. Courses should be taken in sequential order.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

#### **GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** N - Course may not be repeated

#### **SCHEDULE TYPES:**

04 - Laboratory/Studio/Activity

#### **STUDENT LEARNING OUTCOMES:**

1. Develop and utilize a strength and strength endurance training program which focuses on the adaptation of strength.

Measure: demonstration, workout chart, written final

PLO: 4

ILO: 2,7,6,1,4

GE-LO: E1

Year assessed or anticipated year of assessment: F '14

2. Incorporate at least four (4) super set techniques and four (4) plyometric exercises in their weekly workout routine.

Measure: demonstration, workout chart

PLO: 4

ILO: 7,2,6

GE-LO: E1

Year assessed or anticipated year of assessment: F '14

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Curriculum Approval Date: 02/25/2013

1.5 - 3 Hours: Course orientation, including grading and the procedures for use of the open lab.

SPO: Students will explain the requirements of the course, including how they are graded, the dress code, and use of the workout chart. They will correctly log themselves in and out of the lab.

3 - 6 Hours: Continue orientations as needed. Provide information on strength and strength endurance training with the focus on adaptation of strength - maintaining stability while increasing stress for increasing size and strength. These workouts would include 2 - 5 sets of 6 - 12 reps. Introduce the use of super set techniques. For example: perform a stable exercise (bench press) immediately followed with a stability exercise (stability ball push up). Assist students with developing a strength and strength endurance training program that incorporates the use of super set techniques.

SPO: Students will discuss and demonstrate super set techniques. They will develop a strength and strength endurance training program that focuses on the adaptation of strength.

4.5 - 9 Hours: Introduce the use of plyometric exercises; such as calf jumps, squat jumps, one-leg or two-leg jumps to and from boxes as well as upper body (such as the stability ball sit-up and stability ball push-up) plyometric exercises.

SPO: Students will demonstrate a variety of power and speed training plyometric exercises for both the lower and upper body.

16.5 - 33 Hours: Continue to demonstrate and introduce the use of super set techniques and plyometrics as a method of strength and strength endurance training. Assist the students with modifying their workout routine to incorporate the continued use of super set techniques and plyometrics.

SPO: Students will develop and perform a weekly strength and strength endurance training program that incorporates the use of a variety of super set techniques and plyometric exercises.

2 Hours: Written final.

## **METHODS OF INSTRUCTION:**

demonstration, peer teaching, small group

## **METHODS OF EVALUATION:**

The types of writing assignments required:

None

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

The types of objective examinations used in the course:

Multiple choice

Matching items

Other: short answer

Other category:

Other: Required student participation

The basis for assigning students grades in the course:

Writing assignments: 0% - 0%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 20% - 30%

Objective examinations: 10% - 20%

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201370

CSU GE:

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201370

UC TRANSFER:

Transferable UC, effective 201370

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 24C

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000536778

Sports/Physical Education Course: Y

Taxonomy of Program: 127000