

**Course Outline**

**COURSE:** KIN 46                      **DIVISION:** 40                      **ALSO LISTED AS:** PE 46

**TERM EFFECTIVE:** Fall 2013                      **Inactive Course**

**SHORT TITLE:** AGILITY/STRENGTH DEV

**LONG TITLE:** Agility and Strength Development

<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 activity class designed to improve and increase agility and strength development through various exercise and exercise programs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 46. This course will be listed as ATH 48 effective Fall 2013.

**PREREQUISITES:**

**COREQUISITES:**

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

**GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** R - Course may be repeated

Maximum of 3 times

**SCHEDULE TYPES:**

04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. The student will discuss the benefits of developing and maintaining a satisfactory level of physical fitness.

Measure: Discussion

ILO: 2, 7, 1, 6, 4

GE-LO: E1, A2

2. The student will demonstrate proper safety techniques and rules for weight training and conditioning.

Measure: Performance based

ILO: 7, 2, 1, 4

GE-LO: A1, A2

3. The student will increase their agility and improve their muscular strength.

Measure: Demonstration, Pre and Post Tests

ILO: 7, 2, 6

GE-LO: E1

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

Inactive Course: 09/24/2012

6 - 12 Hours

Introduction and discussion of course syllabus and grading procedures. Course expectations will also be discussed. Equipment safety, conditioning drills, and stretching exercises will be introduced. A 12 week workout will be distributed. Agility and speed drills will be introduced and emphasized. A handout containing a variety of drills for speed, agility, and jump rope routines will be provided and discussed.

SPO: Students will demonstrate proper safety in the weight room. They will perform a variety of stretching exercises. Correct techniques for weight lifting will be demonstrated and practiced. Students will participate in a variety of speed and agility drills.

6 - 12 Hours

Pre-testing. A variety of drills for speed and agility will be introduced and utilized. Speed drills may include starts and sprints while agility drills may include cone and line drills. Introduce the use of both plyometric and resistance drills. Introduce various strength and explosive lifts.

SPO: Students will increase the number of speed and agility drills performed. They will change the number of sets and reps for their strength training. They will participate in pre-testing and in a variety of workouts.

9 - 18 Hours

Continue working on the agility and speed drills introduced earlier. Work on the four core lifts: bench, squat, power clean, and dead lift.

SPO: Students will increase the number of speed and agility drills performed. They will change sets and reps for both their strength and explosive lifts.

4.5 - 9 Hours

Continue working on lifts introduced to date. Introduce speed and agility drills that emphasize change of direction. Post-testing. For speed and agility, this may be the 40 yard dash and the 20 yard shuttle run. For strength training, this may be the four core lifts: Bench, Squat, Power Clean, and Dead Lift.

SPO: Students will demonstrate a variety of drills that emphasize change of direction. They will participate in post-testing.

2 Hours

10/26/2012

Final.

Note:

Students who repeat the class will have the opportunity to experience additional agility and strength development drills. They also will be expected to improve on their agility times and their muscular strength.

**METHODS OF INSTRUCTION:**

demonstration, guided practice, lecture, handouts

**METHODS OF EVALUATION:**

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0 %

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason:

Course primarily involves skill demonstration or problem solving

CATEGORY 2 -The problem-solving assignments required:

Percent range of total grade: 0 %

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 40 % to 60 %

Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 0 % to 10 %

Completion

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 40 % to 60 %

Requires student participation.

**JUSTIFICATION:**

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College

can be a leader in this trend.

3) This more closely describes what our profession is about.

"Kinesiology is the academic discipline concerned with the art and science of human movement."

4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.

5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

#### **REPRESENTATIVE TEXTBOOKS:**

No textbook required. Handouts will be provided.

#### **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

#### **SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

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: 46

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: CCC000528382

Sports/Physical Education Course: Y  
Taxonomy of Program: 083510