

Course Outline

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

TERM EFFECTIVE: Fall 2011 **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. This course is now listed as Kinesiology 46, effective Fall 2011.

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: 11/08/2010

This course is now listed as Kinesiology 46, effective Fall 2011.

Curriculum Approval Date: 02/22/2010

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

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.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200530

CSU GE:

CSU E1, effective 200530

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200530

UC TRANSFER:

Transferable UC, effective 200530

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: PE

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:

Minimum Hours:

Course Control Number: CCC000242434

Sports/Physical Education Course: Y

Taxonomy of Program: 083510