

### Course Outline

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

**TERM EFFECTIVE:** Spring 2022                      **CURRICULUM APPROVAL DATE:** 3/8/2022

**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
		Total Learning Hrs:	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
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

## **STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Develop and utilize a strength and strength endurance training program which focuses on the adaptation of strength.
2. Incorporate at least four (4) super set techniques and four (4) plyometric exercises in their weekly workout routine.

## **COURSE OBJECTIVES:**

By the end of this course, a student should:

1. 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. Demonstrate a variety of power and speed training plyometric exercises for both the lower and upper body.
3. Discuss and demonstrate superset techniques. Develop a strength and strength endurance training program that focuses on the adaptation of strength.
4. Explain the requirements of the course, including appropriate workout attire and use of a workout chart. They will correctly log themselves in and out of the lab.

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

Curriculum Approval Date: 3/8/2022

1.5 - 3 Hours: Course orientation, including grading and the procedures for use of the open 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 4 - 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.

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.

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.

2 Hours: Written final.

## **METHODS OF INSTRUCTION:**

demonstration, peer teaching, small group

**METHODS OF EVALUATION:**

Skill demonstrations

Evaluation Percent 20

Evaluation Description

20% - 30% Performance exams

Objective examinations

Evaluation Percent 10

Evaluation Description

10% - 20% Multiple choice; Matching items; Other: short answer

Other methods of evaluation

Evaluation Percent 70

Evaluation Description

Required student participation

**REPRESENTATIVE TEXTBOOKS:**

No textbook required.

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

**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:

CSU Crosswalk Course Number:

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: CCC000536778

Sports/Physical Education Course: Y

Taxonomy of Program: 127000