KIN A208: STRENGTH AND CONDITIONING LEVEL 3

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-3 Total Units
Hours	18-108 Total Hours (Lecture Hours 4.5-27; Lab Hours 13.5-81)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Advanced Strength and conditioning programs. Workouts must be done in the Fitness Complex. Students must attend a one-hour orientation. PREREQUISITE: KIN A108. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Demonstrate advanced techniques of weight lifting/strength training exercises using the machines and free-weights.
2. Exhibit the ability to monitor, maintain and modify a strength training program.

Course Objectives

- 1. Expand knowledge in the value of lifetime fitness, not just longevity but the quality of life throughout ones lifetime.
- 2. Determine goals based on individuals needs, prior activity and injury, and health concerns to effectively plan an individual long-term strength and conditioning program.
- 3. Develop a greater knowledge of body composition and how to safely and effectively improve it.
- 4. Develop an intermediate/advanced personal progressive resistance exercise program that entails strength, endurance, and flexibility improvements.
- 5. Execute intermediate/ advance strength training techniques.
- 6. Understanding periodization and safety of strength training at an advanced level.
- 7. Demonstrate knowledge in strength training maintenance and long term viability.

Lecture Content

I. Introduction A. Administration - Policies and Procedures B. Operation - Training schedule, homework, seminars C. Orientation - Course description, fitness contracts, journals D. Facility and equipment, lab layout, training modalities E. Safety and technique fundamentals, lab rules, regulations using equipment safely, lifting spotting fundamentals II. Principles of Muscular Training Programs A. Fitness components 1. Muscular strength, muscular endurance, flexibility, body composition, cardiovascular endurance B. Core exercises 1. Basic exercises incorporating the largest muscle groups C. Program design variables 1. Personal needs, training goals objectives 2. Progressive resistance - intensity, duration, frequencyIII. General Adaption Syndrome A. Rest and recovery B. Light, medium, and heavy load cycles IV. ration: underline;">Muscle Balance A. Agonist vs. Antagonist, symmetrical and proportionate muscle developmentV. Comparison of Resistance Training Systems A. Heavy to light system, multiple set, single set. VII. Comparison of Resistance Training Systems A. Pyramid system, ascending/descending, forced repetition VIII. Exercise Variations A. Chest, shoulders and arms IX. Exercise Variations A. Neck, back and abdominals X. Exercise variations A. Lower body XI. Integration of Fitness Components A. Strength/power, flexibility, cardiovascular endurance, local muscular enduranceXII. Power and Olympic Weight Lifting A. Specialized power and strength exercises

Lab Content

Equipment review Personal program planning - hypertrophy training Monitor and modify programs Muscle Balance - Monitor and modify programs Evaluation, progress, form, technique Journal review Manipulate program variables Beginning and second training phase Split routine system, bulk system, combination set Phase II - Monitor and modify programs Beginning of peaking phase Lower body - Monitor and modify programs Phase III - Completion of fitness contracts

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture - provide informational base and give direction to program development process Seminar/discussions - small group lessons and exercises Individual small group - skills, fundamental, technique demonstrations

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings realted to the topic.

Writing Assignments

Journals - written record of training program Lab reports - written lab questionnaire – goal setting with final evaluation Essay - summary of program methodology, procedural progress

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Individual progress reports/activity participation, essays, journals, lab reports, fitness contracts, skill/technique demonstrations

Required Writing, Problem Solving, Skills Demonstration

Journals - written record of training program Lab reports - written lab questionnaire – goal setting with final evaluation Essay - summary of program methodology, procedural progress

Eligible Disciplines

Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Handouts to be provided by the instructor