KIN A218: STRENGTH AND CONDITIONING LEVEL 4

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-3 Total Units
Hours	28-172 Total Hours (Lecture Hours 5-32; Lab Hours 13-76; Other Hours 10-64)
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

This course is designed to help students develop with advanced instruction and sport specific practice in the techniques of developing muscle strength. Power lifting, resistance machines, free weights, and additional equipment will be utilized. Advanced training, principles, and theories. 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. Develop a strength training program that best fits one's need based on fitness, health, and/or performance.
2. Execute a greater knowledge of strength training principles and why its so important later in life.
3. Develop a greater knowledge of the effectiveness of strength training to prevent injuries, diseases, and, debilitating conditions.

Course Objectives

- 1. Demonstration of knowledge of the strength training principles of overload, progression, and recovery.
- 2. Performance of selected exercises for conditioning for a specific sport or fitness activity at an advanced level.
- 3. Development in advanced techniques of strength training, terminology, nutrition, and fitness concepts.
- 4. Demonstrate improvement in overall muscle strength, muscle endurance, and flexibility.
- 5. Understand strength training theory and advanced periodization in long term lifting.
- 6. Demonstrate skill in strength training over a variety of modalities in the weight room.
- 7. Identify levels of a strength training program to allow for all levels of exercisers to be successful in the weight room.
- 8. Expand ones knowledge in strength training programing to show improvements in body composition and flexibility.

Lecture Content

Policies and procedures for level 4 students Operation - Training schedule, homework, seminars for level 4 students Advanced concepts of nutrition for sports performance Advanced concepts of safe stretching for increased flexibility Review of modes of stretching Static PNF Ballistic Pre competition warm up to prevent injuries Post competion cool down to increase range of motion Advanced concepts of cardiovascular endurance training Advanced concepts of muscle strengthening exercises Modes of training such as interval and cross training Discussion on the FIT principles for exercise and conditioning Frequency - number of days per week Intensity - training zone for improved performance Time - duration of workouts for best results Skill related fitness activities to improve efficiency of movement Agility Balance Coordination Power Reaction time Speed Theories and advanced concepts of training Overload Progression Specificity Interval training Cross training Plyometric training Suspension training Discussion of strength and muscle development for sports Resistance equipment and safe lifting Free weights and power lifting Supplemental equipment Medicine balls Kettlebells Tires and tubes Body bars

Lab Content

Introduction of advanced equipment including but not limited to power lifting, resistance machines, free weights, and additional equipment. Advanced training, principles, and theories and techniques for the level 4 student Development of personal program that includes advanced terminology and techniques.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture: Provide informational base and give direction to program development processSeminar/discussions: Small group lessons and exercisesIndividual/small groups: Skills, fundamentals, technique demonstrations

Reading Assignments

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

Writing Assignments

Journals - written record of training programLab reports - written lab questionnaireEssay - 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

Essay - summary of program methodology, procedural progress

Required Writing, Problem Solving, Skills Demonstration

Journals - written record of training programLab reports - written lab questionnaireEssay - 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. Selected handout materials to be provided and distributed by the instructor.