BUTTE COLLEGE
COURSE OUTLINE

I. **CATALOG DESCRIPTION**

KIN 28 - Plyometric Training **1.5 Unit(s)**

Prerequisite(s): NONE
Recommended Prep: NONE

Transfer Status: CSU/UC
17 hours Lecture
34 hours Lab

This course provides instruction in the fundamental skills of plyometric training. Students will learn to distribute power to increase speed, flexibility and agility. Additional instruction will be given on explosive ways to change direction and speed. This course will help guide students to build basic sport specific plyometric training drills and program.

II. **OBJECTIVES**

Upon successful completion of this course, the student will be able to:

A. define the components of plyometric training.
B. perform skills and movements of plyometric training.
C. build a sport specific plyometric training program.
D. develop and modify proper safety techniques for plyometric training.
E. identify proper levels of fitness for plyometric training.

III. **COURSE CONTENT**

A. **Unit Titles/Suggested Time Schedule**

Lecture

Topics	Hours
1. Orientation- Prevention of Injuries & Hydration	1.00
2. Understanding Plyometrics	1.00
3. Basic Plyometric Training Exercises & Mechanics	1.00
4. Plyometric Training: Agility & Flexibility	2.00
5. Plyometric Training: Speed	2.00
6. Plyometric Training: Quickness	2.00
7. Plyometric Training: Power	2.00
8. Change of Direction Movements	3.00
9. Designing a Sport Specific Plyometric Training Program	3.00
Total Hours	17.00

Lab

Topics	Hours
1. Warm Up and Cool Down	3.00
2. Plyometric Training: Agility & Flexibility	4.00
3. Plyometric Training: Speed	4.00
4. Plyometric Training: Quickness	4.00
5. Plyometric Training: Power	4.00
6. Change of Direction Movements	4.00

7.	Lateral Movement exercises	3.00
8.	Acceleration and Deceleration	3.00
9.	Sport Specific Training	5.00
Total Hours		34.00

IV. METHODS OF INSTRUCTION

A. Lecture
B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
C. Discussion
D. Demonstrations
E. Multimedia Presentations
F. Drills/ Practical
G. Handout/Internet downloads

V. METHODS OF EVALUATION

A. Exams/Tests
B. Research Projects
C. Oral Presentation
D. Homework
E. Class participation
F. Performance Examinations
G. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

A. Reading Assignments
    1. Read a minimum of two plyometric training articles that describe exercises and drills used by collegiate and professional athletes. Be prepared to demonstrate and discuss in class.
    2. Read an internet article that outlines the history of plyometrics and the impact it has on competitive athletes. Be prepared to discuss in class.
B. Writing Assignments
    1. Write a two page essay describing the philosophy of plyometrics, the health benefits of plyometric training, the importance of proper form and the frequency of use.
    2. Prepare a plyometric workout plan explaining why each exercise and drill are categorized as plyometric, what muscle(s) are being engaged, and classify what categories the movements fall under.
C. Out-of-Class Assignments
    1. Research sport specific plyometric exercises and drills used by elite athlete performance centers. Be prepared to discuss (why these specific exercises are relevant to that sport) and demonstrate in class.
    2. View two separate sporting events and identify how and what plyometric movements the athletes perform. Be prepared to discuss and demonstrate your observations in class.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

A. McNeely, E, Sandler D.. Power Plyometrics: The Complete Program. 2nd Edition. Myer & Myer Sport (UK) LTD, 2009.
B. Chu, D. Jumping Into Plyometrics. 2nd Edition. Human Kinetics, 1992.

Materials Other Than Textbooks:

A. 1. Athletic apparel (loose fitting clothing, sweatpants, loose fitting t-shirts). 2. Closed Toe Athletic Shoes. 3. Other materials and/or equipment will be provided by the department.

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