

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 91 - Strength and Conditioning for Intercollegiate Athletes

1 Unit(s)

Prerequisite(s): NONE

Limitation on Enrollment: Student-athletes currently participating in Intercollegiate Athletics

Recommended Prep: NONE

Transfer Status: CSU/UC

11 hours Lecture

23 hours Lab

This course is designed for intercollegiate athletes. Students will be provided with instruction in sport-specific training techniques with the goal of improving overall muscular strength, endurance, and power. Students will develop and maintain a strength and conditioning program using sport-specific drills and equipment. Key areas of study include anatomy and physiology, applied strength and conditioning, psychology of training, motor control, and the prevention of sports injuries. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated three times.

II. OBJECTIVES

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

- A. demonstrate the techniques of power lifting specific to sport.
- B. identify sport-specific exercises designed to improve muscular strength, endurance, and power.
- C. explain the safety principles involved with exercise including prevention of overtraining.
- D. develop and implement a strength and conditioning program.
- E. identify appropriate nutrient requirements for optimal performance.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Orientation	0.50
2. Dynamic Warm-up	0.50
3. Flexibility Training	0.50
4. Aerobic Training	1.00
5. Power Movements	2.00
6. Plyometric Training	1.00
7. Muscular Hypertrophy	1.00
8. Power Lifting	1.50
9. Speed Training: Sport-Specific	1.00
10. Agility Training: Change of Direction	1.00
11. Diet/Nutrition	1.00
Total Hours	11.00

Lab

<u>Topics</u>	<u>Hours</u>
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1.	Orientation	1.00
2.	Dynamic Warm-up	2.00
3.	Flexibility Training	2.00
4.	Aerobic Training	3.00
5.	Power Movements	3.00
6.	Plyometric Training	2.00
7.	Muscular Hypertrophy	3.00
8.	Power Lifting	3.00
9.	Speed Training: Sport-Specific	2.00
10.	Agility Training: Change of Direction	2.00
	Total Hours	23.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an article on nutrition and dietary supplements for peak sport performance. Be prepared to discuss your findings in small groups.
 - 2. Research a sport-specific strength training program and be prepared to discuss in class the types of workout, the macro or micro cycle, and the expected results.
- B. Writing Assignments
 - 1. Write a 2-3 page essay describing safety techniques and injury prevention as they apply to elite level training programs.
 - 2. Design a six week strength and conditioning program specific to sport performance. Perform your program and report your results in a 1-page short write.
- C. Out-of-Class Assignments
 - 1. Observe two different local high school strength and conditioning programs and note differences in workouts due to physical development of the athlete at the high school vs. the college level. Be prepared to discuss your observations in class.
 - 2. Research sport specific workout routines at the collegiate and professional levels. Compare and contrast these workout routines in a short write.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Boyle, Michael. Functional Training for Sports. 1st Edition. Human Kinetics, 2003.

Materials Other Than Textbooks:

- A. Sport Specific or Athletic Shoes
- B. Sport Specific or Athletic Apparel

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