

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 27 - Core Crossfit 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 proper exercise techniques and principles to improve core strength, posture, flexibility, speed, muscular strength, and muscular endurance. This course will include a variety of exercises designed to strengthen the core muscle groups. The main tools used in this course will include stability balls, kettlebells, dumbbells, jump ropes, resistance bands, and body weight.

II. OBJECTIVES

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

- A. identify the core muscles used in body stability.
- B. demonstrate proper techniques of core muscle strengthening exercises.
- C. list and identify proper safety techniques as it applies to crossfit strength training.
- D. demonstrate proficiency in using core strengthening equipment (stability balls, kettlebells, dumbbells, jump ropes, resistance tubing, and body weight).
- E. modify or intensify exercises appropriate to personal fitness level.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction and orientation	1.00
2. Core muscle groups	2.00
3. Dynamic warmup	1.00
4. Proper posture/alignment and safety techniques	2.00
5. Proper push ups skills	1.50
6. Proper sit ups skills	1.50
7. Proper squats skills	1.50
8. Stability ball exercises	1.00
9. Explosive exercises	1.00
10. Dumbbell core exercises	1.00
11. Kettlebell exercises	1.00
12. Resistance band exercises	1.00
13. Modifying exercise intensity	1.50
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
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1.	Introduction and orientation	2.00
2.	Core muscle groups	4.00
3.	Dynamic warmup	4.00
4.	Proper posture/alignment and safety techniques	2.00
5.	Proper push ups skills	2.00
6.	Proper sit ups skills	2.00
7.	Proper squats skills	2.00
8.	Stability ball exercises	3.00
9.	Explosive exercises	2.00
10.	Dumbbell core exercises	2.00
11.	Kettlebell exercises	3.00
12.	Resistance band exercises	3.00
13.	Modifying exercise intensity	3.00
	Total Hours	34.00

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

VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
 - 1. Read an article describing proper techniques used for a core crossfit exercise other than one used in this class. Plan to demonstrate in class.
 - 2. Research competition rules and the exercises performed in core crossfit competitions. Be prepared to discuss in class.
- B. Writing Assignments
 - 1. Write a two page essay in which you will discuss two exercises performed in class and identify the muscle groups that are being affected by those exercises.
 - 2. Identify two core exercises and write a one page essay discussing how to modify or intensify each one.
- C. Out-of-Class Assignments
 - 1. Using the knowledge you have gained in this class and any other type of reference create a four week core crossfit program. Be sure to include exercises that will train all of the core body area. Plan to present to class on your program.
 - 2. Develop a core crossfit test using at least three exercises that can be used to determine

ones increase in fitness level from the start to the end of semester. Be prepared to demonstrate in class.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Brittenham, Greg and Taylor, Daniel. Conditioning to the Core. 1st Edition. Human Kinetics, 2014.

Materials Other Than Textbooks:

- A. Athletic Shoes
- B. Athletic Apparel

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