

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 90 - Skill Development for Intercollegiate Athletes

1.5 Unit(s)

Prerequisite(s): NONE

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

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This is a sport-specific skill development course for intercollegiate athletes. Emphasis will be on off-season preparation which includes cardiovascular endurance, flexibility, speed work, plyometric training, and sport-specific activities. 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. identify proper cardiovascular endurance, flexibility, speed work, and plyometric training techniques.
- B. perform the proper techniques of sport specific training.
- C. describe the mental component of off-season preparation.
- D. apply safety and injury prevention skills during training.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Orientation—Prevention of Injuries	1.00
2. Warm up, Cool Down	2.00
3. Flexibility Training	1.00
4. Cardiovascular Training	2.00
5. Weight Training	3.00
6. Plyometric Training	4.00
7. Speed Work	3.00
8. Sport Specific Training	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Warm up, Cool Down	4.00
2. Flexibility Training	4.00
3. Cardiovascular Training	5.00
4. Weight Training	7.00

5.	Plyometric Training	6.00
6.	Speed Works	4.00
7.	Sport Specific Training	4.00
	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. Homework
- B. Class participation
- C. Written or Oral Examinations
- D. Practical Evaluations
- E. Essays and research papers

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an article describing safety and injury prevention skills during training and be prepared to discuss in class.
 - 2. Research and analyze an article describing the difference between plyometric, cardiovascular, and speed training. Plan to discuss specific examples of each in small groups.
- B. Writing Assignments
 - 1. Record weekly journals of improvement in fitness levels (cardiovascular endurance, muscle strength and endurance, flexibility, etc.).
 - 2. Design a specific sports conditioning program for an off-season sport. Include descriptions of safety guidelines, techniques and equipment.
- C. Out-of-Class Assignments
 - 1. Pick two off-season workouts to observe at the youth, high school, or collegiate levels. Be prepared to discuss what you observed 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

Materials Other Than Textbooks:

- A. The student will be required to provide:
 - a. Athletic apparel b. Athletic shoes
- B. Other materials and/or equipment will be provided by the department.

Created/Revised by: Jeffrey Jordan

Date: 11/19/2012