

Las Positas College
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Course Outline for KIN X9

INTERCOLLEGIATE SPORT CONDITIONING

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN X9 — INTERCOLLEGIATE SPORT CONDITIONING — 0.50 - 1.00 units

This course is for Intercollegiate Athletes; it involves sport specific training, conditioning, and techniques. Students will have the opportunity to obtain knowledge and practical experience relating to preparation for specific intercollegiate sports. This course is designed to permit students to utilize an individualized strength and conditioning program using a combination of exercise machines and free weights in preparation for participation in intercollegiate competition.

0.50 - 1.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Kinesiology

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	54.00
Total Hours:	27.00	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

V. CONTENT:

- A. Weight Training
 1. Proper limiting methods
 2. Free Weights
 3. Machines
 4. Body Weight Exercises
 5. Using spotters
 6. Removing and replacement of weights
 7. Safety
- B. Cardiovascular Training
 1. Types of exercises
 2. Heart Rate
 3. Safety
- C. Training Methodologies
 1. Frequency
 2. Duration
 3. Intensity
 4. Warm up and cool down
- D. Flexibility
 1. Types of stretches
 2. Methods of stretching
- E. Individual and group-based intercollegiate level skill development
 1. Sport Specific Exercises
 2. Sport Specific Skills

VI. METHODS OF INSTRUCTION:

VII. TYPICAL ASSIGNMENTS:

VIII. EVALUATION:

Methods/Frequency

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS: