

Las Positas College
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Course Outline for KIN BC3

BOOT CAMP FOR POWER & STRENGTH TRAINING

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN BC3 — BOOT CAMP FOR POWER & STRENGTH TRAINING — 1.00 - 2.00 units

Improve muscle strength & power through a variety of drills and military style movements. Functional training delivered in an intense environment.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Boot Camp

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Specify the the body's physiological responses when a person performs power and strength (anaerobic) exercise.
- Identify training methods used to enhance power and strength
- Perform measurable power and strength fitness tests
- Recite the body's physiological responses when undertaking power and strength exercise

V. CONTENT:

- Power and strength training techniques
 - Squats
 - Deadlifts
 - Power cleans
 - Snatches
- The benefits of strenght and power exercises
 - Muscular co-ordination of whole body movements
 - Fast twitch fibre recruitment
 - Elastic tendon energy relaease
- Power and strength measures
 - Vertical jumps (squat jump, standing broad jump, counter movement jump and drop jumps from heights of 30, 50 and 80 cm)
 - Maximal strength tests for specific exercises, for example safe version of the 1RM Bench Press
- Body's responses when undertaking strength and power exercises
 - Response of phosphogen system
 - Response of lactic acid system

VI. METHODS OF INSTRUCTION:

- Classroom Activity** -
- Lecture** -
- Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- Follow instructor through strength and power activites
- Demonstrate knowledge of how the body responds to strength and power training
- Actively participate in exercise program

VIII. EVALUATION:

Methods/Frequency

- Exams/Tests

- twice per semester
- B. Quizzes
2-5 times per semester
- C. Class Participation
daily

IX. TYPICAL TEXTS:

1. Gibson, Ann, Dale Wagner, and Vivian Heyward. *Advanced Fitness Assessment and Exercise Prescription*. 8 ed., Human Kinetics, 2018.
2. Brown, Lee. *Strength Training Online CE Course*. 2nd ed., Human Kinetics, 2017.

X. OTHER MATERIALS REQUIRED OF STUDENTS: