

# KIN 120: BODY WEIGHT SUSPENSION TRAINING

## Citrus College Course Outline of Record

| Heading                       | Value                         |
|-------------------------------|-------------------------------|
| Effective Term:               | Fall 2024                     |
| Credits:                      | 1                             |
| Total Contact Hours:          | 36                            |
| Lecture Hours :               | 18                            |
| Lab Hours:                    | 18                            |
| Hours Arranged:               | 0                             |
| Outside of Class Hours:       | 36                            |
| Total Student Learning Hours: | 72                            |
| Strongly Recommended:         | ENGL 101.                     |
| District General Education:   | E3. Kinesiology Activity      |
| Transferable to CSU:          | Yes                           |
| Transferable to UC:           | Yes - Approved                |
| Grading Method:               | Standard Letter, Pass/No Pass |

## Catalog Course Description

This course will include exercises using body weight as resistance with band suspension to develop muscular strength, muscular endurance, and core strength while improving balance, coordination, and flexibility. 18 lecture hours, 18 lab hours.

## Course Objectives

- Demonstrate improvement in muscular strength, muscular endurance, balance, coordination, and body composition through body weight resistance training with suspension.
- Apply proper biomechanical techniques during body weight resistance with suspension training for upper body, lower body, and core musculature.
- Apply an understanding of neuromuscular control and strength improvement in balance and coordination.
- Assess body composition, muscular strength, and muscular endurance while understanding the impact on lifelong health and wellness.

## Major Course Content

1. Warm-up/ Cool down
2. Flexibility
  - a. Dynamic flexibility exercises
  - b. Static flexibility exercises
3. Muscular fitness
  - a. Upper body strength training
  - b. Low body strength training
  - c. Core strength training
4. Neuromuscular
  - a. Balance training
  - b. Coordination training
5. Biomechanics
  - a. Correct functional body movement techniques

## Lab Content

1. Warm-up/Cooldown
2. Flexibility
  - a. Perform dynamic and static flexibility activities
3. Band suspension exercise activities
  - a. Use suspension training with body weight resistance and suspension bands to improve muscular strength and muscular endurance.

## Suggested Reading Other Than Required Textbook

Instructor handouts. Professional fitness journals and magazines.

## Examples of Required Writing Assignments

Select one specific body weight suspension training exercise and write a description of how the exercise is performed with an explanation of all the muscles activated during the exercise. Write a paper developing and explaining a personal body weight resistance training program individually specified for themselves, including a personal flexibility improvement plan.

## Examples of Outside Assignments

Implement & chart weekly workout programs using body weight suspension training.

## Instruction Type(s)

Lab, Lecture