

KIN 145: STRENGTH TRAINING, BALANCE AND AGILITY

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Winter 2021
Credits:	1
Total Contact Hours:	36
Lecture Hours :	18
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	36
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

Designed to introduce students to proprioceptive training. Proprioceptive training can improve balance, core strength, quickness, and agility and reduce the risk of injury. This type of training can benefit all movements performed in our daily life, not just those dealing with sports or athletic movements. 18 lecture hours, 18 lab hours.

Course Objectives

- improve flexibility and range of motion and develop a plan for exercise maintenance
- decrease the risk of injury and recognize potential physical problems before they occur
- improve core strength and balance
- improve agility, quickness, and body control
- improve sports-specific skills (if applicable)
- understand how Central Nervous System coordinates movement

Major Course Content

1. Flexibility Exercises
 - a. Passive range of motion exercises
 - b. Active range of motion exercises
2. Core Exercises
 - a. Fitness stability balls
 - b. Medicine balls
 - c. Bosu trainers
3. Balance Exercises
 - a. Wobble boards
 - b. Bosu trainers
 - c. Fitness stability balls
4. Speed, Quickness, Agility, and Plyometric Exercises
 - a. Step hurdle drills
 - b. Speed ladder drills

- c. Rope ladder drills
- d. Jump rope drills

Lab Content

INSTRUCTOR GUIDED PARTICIPATION:

1. Lean muscle mass.....body fat assessment procedures
2. Warm up/ cool down
3. Speed, quickness, plyometric exercises
4. Core exercises
- 5 Flexibility exercises
6. Balance exercises.

Suggested Reading Other Than Required Textbook

Instructor Handouts

Examples of Required Writing Assignments

Develop individualized core training plan
Develop a personal flexibility plan
Develop a personal strength training plan

Examples of Outside Assignments

Implement and chart data for a weekly core training program and analyze results.

Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab