KINC 106: PHYSICAL CONDITIONING FOR VARSITY GOLF

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	2
Total Contact Hours:	108
Lab Hours:	108
Hours Arranged:	0
Prerequisite:	Must be a varsity college athlete/ varsity college prospect or with coaches' permission.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

This course is designed to provide a physical conditioning program for the student interested in intercollegiate golf. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times. 108 lab hours.

Course Objectives

- Demonstrate improvement in physical strength, endurance, agility and speed
- Independently analyze the values of various workouts
- Formulate and assess solutions to attaining physical abilities which will enable them to compete in intercollegiate golf

Major Course Content

All lab content.

Lab Content

1. Flexibility Exercises
    a. Active range of motion exercises
    b. Passive range of motion exercises
2. Weight Training (Sport specific)
    a. Individually programmed
        i. Free Weights
        ii. Weight Machines
3. Aerobic Activities
4. Anaerobic Activities
5. Conditioning Drills
    a. Individually Programmed
        i. Stationary Bicycles
        ii. Treadmills
        iii. Swimming

Suggested Reading Other Than Required Textbook

Instructor/ Coach Handouts

Examples of Required Writing Assignments

Construct a golf specific Speed, Power, Agility, Balance and Coordination enhancement training program.

Examples of Outside Assignments

Construct a golf specific Cardiovascular Endurance, Flexibility, Muscular Strength, Muscular Endurance and Body Composition enhancement training program. Physical skill improvement to participate in a competitive golf environment.

Instruction Type(s)

Lab, Online Education Lab