

# KINC 107: PHYSICAL CONDITIONING FOR VARSITY SOFTBALL

## 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/<br>varsity college prospect or with<br>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 softball. 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 softball

## 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 softball specific Speed, Power, Agility, Balance and Coordination enhancement training program.

## Examples of Outside Assignments

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

## Instruction Type(s)

Lab, Online Education Lab