

KINC 145: STRENGTH TRAINING, BALANCE AND AGILITY FOR VARSITY ATHLETES

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	1
Total Contact Hours:	54
Lab Hours:	54
Hours Arranged:	0
Prerequisite:	Must be a varsity college athlete/ varsity college prospect or with coach's permission.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

Designed to introduce student-athletes 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. This course may be taken four times. 54 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
- understand how Central Nervous System coordinates movement

Major Course Content

All lab content.

Lab 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

Suggested Reading Other Than Required Textbook

Instructor/Coach 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)

Lab, Online Education Lab