KFIT 16.1 Course Outline as of Fall 2016

CATALOG INFORMATION

Dept and Nbr: KFIT 16.1 Title: PLYOS, SPEED AND AGILITY
Full Title: Plyometrics, Speed and Agility
Last Reviewed: 3/9/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25 Total Student Learning Hours: 78.75

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

Catalog Description:
This course will introduce students to equipment and drills used to improve strength, power, speed, agility, and jumping ability while developing coordination and balance.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course will introduce students to equipment and drills used to improve strength, power, speed, agility, and jumping ability while developing coordination and balance. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**			Effective:	Inactive:
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Describe the basic physiology of muscular function as it applies to plyometrics, speed, and agility training.
2. Generate and apply exercises for plyometrics, speed and agility with proper form and technique.
3. Design a training protocol based on assessment results of fitness level and athletic goals.

Objectives:
1. Identify basic muscle anatomy, physiology and function.
2. Identify and perform exercises to increase speed, agility and speed endurance.
3. Explain the importance of periodization in a strength and conditioning program.
4. Describe proper techique, injury prevention, and safety concerns for plyometrics, speed, and agility training.
5. Design a sport-specific strength and conditioning program,
6. Assess current fitness level and establish athletic goals.
7. Describe effect of strength, agility, balance, coordination, speed, power and flexibility training on sport performance.

Topics and Scope:

I. Muscle Anatomy, Physiology and Function
   A. Muscle tissue, bones, tendons and ligaments
   B. Muscle fiber types
   C. Eccentric, concentric, and isometric muscle action
   D. Structure of muscle cell
   E. Muscle elasticity and the stretch-shortening cycle
II. Types of training
   A. Power training
   B. Flexibility
   C. Aerobic and anaerobic training

D. Muscular endurance and strength
III. Exercises and drills
A. Proper warm-up
B. Assisted and resisted acceleration
C. Assisted and resisted speed
D. Agility ladders
E. Basic and supplemental speed technique
F. Basic and supplemental acceleration
G. Plyometrics jumps
H. Sprints
I. Cone drills
J. Medicine ball
K. Reaction and directional change
L. Quick feet
M. Bleachers and bench stepping
N. Jump rope
O. Hurdles
IV. Periodization and program design
A. Fitness testing and assessment
B. Athletic goals
C. Sport specific programming
D. Frequency, intensity, and volume of training
E. Proper preparation and progression
F. Injury prevention and safety concerns
G. Program design

Assignment:

1. Fitness testing and assessment (1-2 per semester)
2. Short term and long term goal setting (2 - 4 per semester, 1 - 2 pages each)
3. Performance exam(s) (1-3 per semester)
4. Developing a sport-specific program
5. Writtem reports or journals (1 per week)
6. 1-3 exams/quizzes
7. Performing exercises 1 to 2 hours per week in addition to regularly scheduled class meetings

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written reports and journals, program design	Writing 10 - 30%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Fitness testing and assessment	Problem solving 5 - 10%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exams	Skill Demonstrations 10 - 30%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes/Exams	Exams 20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance	Other Category 30 - 50%

Representative Textbooks and Materials:
Training for Speed, Agility, and Quickness, 2nd Edition. Brown and Ferrigno. Human Kinetics: 2005.
Jumping Into Plyometrics, 2nd Edition. Donald A. Chu. Human Kinetics: 1998
Advanced Power Training, 1st Edition. Ann F. Maliszewski. Human Kinetics: 2006
Instructor prepared materials