

**KFIT 16.1 Course Outline as of Fall 2013****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	Lecture Scheduled 0
Minimum 1.50	Lab Scheduled	3.00	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: 0.00

Total Student Learning Hours: 52.50

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:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and 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 technique, 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. Written 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%
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**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%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exams	Skill Demonstrations 10 - 30%
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**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