

# KIN 0090 - INTRODUCTION TO TRAINING AND CONDITIONING FOR SPORTS

## Catalog Description

Hours: 54 lecture

Description: Introduces students to the concepts of training and conditioning for sports. Topics will include foundational principles of training, stages of athletic development, motor skills training, and designing programs specific to the needs of the sport. (CSU)

## Course Student Learning Outcomes

- CSLO #1: Create a weight training program for sports.
- CSLO #2: Describe core fitness exercises.
- CSLO #3: Design an aerobic fitness programs for athletes.
- CSLO #4: Create a periodization training program using repetition and overload to achieve a strength goal.

## Effective Term

Fall 2022

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

108

## Total Student Learning Hours

162

## Course Objectives

1. Improve cardiovascular fitness, muscular strength, muscular endurance and flexibility through strength assessments and cardiovascular tests.
2. Identify the correlation between nutritional intake and body composition as one of the components of sport fitness.
3. Interpret the results of administered cardiovascular endurance, strength & flexibility sport specific tests.
4. Develop and document a sport specific personalized fitness program that includes cardiovascular and muscular endurance, muscular strength and flexibility skills.
5. Compare and contrast dietary trends in American culture.
6. Distinguish and evaluate the different sport specific aerobic workouts.
7. Describe a full body stretch by using all parts of the body that relate to a specific sport.
8. Apply the following formula to determine the appropriate target heart rate: maximum heart rate minus age multiplied by desired cardiovascular fitness level.
9. Explain of the importance of a core fitness program by designing a core fitness program for a specific sport.

10. Explain the dangers involved in beginning an exercise program and design a safe beginning sport specific program.
11. Describe the proper weightlifting techniques involved in a full body weight workout.
12. Assess present level of fitness and design a plan to improve that level.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: Students will use small groups to discuss which conditioning methods that are best for specific sports and why.
- Objective Examinations
  - Example: Students will take a multiple-choice examination on core fitness programs for sports. Standard Grading. Example Question: Which of the following are considered one of the basic concepts of core fitness? A. cardio endurance B. Target heart rate C. abdominal and back muscle strength D. both A and B
- Projects
  - Example: Students will create a periodization calendar for a specific sport. The periodization calendar will address the individual sport specific training needs as they relate to off-season, preseason, in-season and postseason.

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Following an instructor presentation on different sport specific core workouts, student will design and present their own sport specific core workout to the class or discussion board. The instructor and students will review and provide feedback.
2. Instructor will facilitate a class discussion on aerobic conditioning programs and students will work together to compare conditioning programs for the sport of their choosing.

Distance Learning

1. Following an online instructor lead discussion on designing a beginning training program, students will outline and post the basic principles used in designing a beginning training program for athletes. Students will be required to comment on other student posts.

## Typical Out of Class Assignments

### Reading Assignments

1. Read assigned pages from the textbook and/or current magazine articles on the principle of specificity of training and be prepared to discuss in class. 2. Read assigned pages from the textbook and/or current magazine articles on the principle of overload and be prepared to discuss in class.

### Writing, Problem Solving or Performance

1. In a one to two page paper create a workout specific to a swimmer using land and water workouts. 2. In a one to two page paper create a workout specific to any sport of your choice using the methods typically used.

### Other (Term projects, research papers, portfolios, etc.)

### Required Materials

- Essentials of Strength and Conditioning
  - Author: Greg Haff
  - Publisher: Human Kinetics Publishing
  - Publication Date: 2019
  - Text Edition: 5th
  - Classic Textbook?:
  - OER Link:
  - OER:
- Strength and Conditioning for Sports Performance
  - Author: Ian Jeffries
  - Publisher: Routledge
  - Publication Date: 2021
  - Text Edition: 2nd
  - Classic Textbook?:
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**