

KIN M21: STRENGTH AND CONDITIONING FOR PERFORMANCE

Originator

vmanakas

Co-Contributor(s)
Name(s)

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College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M21

Course Title (CB02)

Strength and Conditioning for Performance

Banner/Short Title

Strength/Cond. for Performance

Credit Type

Credit

Start Term

Spring 2021

Catalog Course Description

Instructs how to implement a comprehensive, systematic, and integrated training approach to address clientele's performance enhancement goals. Helps students bridge the gap between science and practical application to aid in human performance testing and implementation of proper progressive program design.

Additional Catalog Notes

Upon successful completion of the course, students will obtain the National Academy of Sports Medicine (NASM) Performance Enhancement Specialist credential.

Taxonomy of Programs (TOP) Code (CB03)

0835.20 - *Fitness Trainer

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

B (Transferable to CSU only)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

C - Clearly Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

B - Partially Developed Using Economic Development Funds

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

35

Maximum Contact/In-Class Lecture Hours

35

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

87.5

Total Maximum Contact/In-Class Hours

87.5

Outside-of-Class**Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Minimum Outside-of-Class Hours**

70

Maximum Outside-of-Class Hours

70

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

157.5

Total Maximum Student Learning Hours

157.5

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Advisories on Recommended Preparation

KIN M18

Requisite Justification**Requisite Type**

Recommended Preparation

Requisite

KIN M18

Requisite Description

Course not in a sequence

Level of Scrutiny/Justification

Content review

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | navigate an integrated assessment protocol in order to identify decreased performance. |
| 2 | create a comprehensive exercise protocol to help athletes achieve their performance goal. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | define integrated training, as it relates to sports performance enhancement. |
| 2 | utilize the NASM's Optimum Performance Training model for proper integrated program design. |
| 3 | apply basic principles of exercise science to human movement analysis and exercise programming. |
| 4 | conduct a variety of movement and performance assessments to identify client strengths and weaknesses. |
| 5 | execute sports performance testing and implement proper acute variables. |
| 6 | design and implement movement selections for all training components: flexibility, cardiorespiratory, core, balance, plyometric, speed, agility, quickness, resistance training, and olympic lifting. |
| 7 | provide purposeful program design to cater to individualistic needs of the athlete. |
| 8 | implement strategies to improve performance based on performance testing. |

Course Content**Lecture/Course Content****I. 50% Components of Integrated Performance Training****II. 25% Program Design Principles and Application**

- Injury Prevention and Reconditioning
- Sports Nutrition and Performance Aids
- Sports Psychology

III. 25% Principles and Concepts of Human Movement Science

- Human Performance Testing
- Human Performance Evaluation

Laboratory or Activity Content**10% Physiological Assessments****10% Exercise Variations****10% Acute Training Variables****15% Flexibility Training Techniques****25% Performance Strength Exercises****15% Performance Assessments****15% Postural Assessments****Methods of Evaluation**

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
Group projects
Individual projects
Laboratory activities
Objective exams
Projects
Problem-solving exams
Participation
Quizzes
Reports/Papers/Journals

Skills demonstrations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Collaborative group work
 Class activities
 Class discussions
 Case studies
 Distance Education
 Demonstrations
 Group discussions
 Guest speakers
 Laboratory activities
 Lecture
 Small group activities

Describe specific examples of the methods the instructor will use:

1. Bring in guest speakers from the field of sport performance.
2. Use power point to present lectures.

Representative Course Assignments

Writing Assignments

1. project requiring the student to choose an actual person to select appropriate assessments, prescribe specific flexibility and strengthening modalities, providing sound scientific rationale for selections.
2. case studies solving for a fictitious client and performing appropriate assessments and development of specific performance enhancing exercise strategies.

Critical Thinking Assignments

1. project requiring the student to choose an actual person to select appropriate assessments, prescribe specific flexibility and strengthening modalities, providing sound scientific rationale for selections.
2. case studies requiring students to select the appropriate assessment method, identify the observable human movement impairments, and prescribe flexibility and strengthening techniques.
3. video analysis of a fictitious client, while applying common assessment protocols during filmed exercise/sport specific movements.

Reading Assignments

1. Read articles on the biomechanics of overhead throwing including the acceleration and deceleration of the shoulder.
2. Read articles on the biomechanics of an anterior cruciate ligament (ACL) injury.

Skills Demonstrations

1. Present a program to increase strength and range of motion in the shoulder joint.
2. Present a program that increases leg strength while promoting knee injury prevention.

Outside Assignments

Representative Outside Assignments

1. case studies requiring the need to solve for weaknesses and/or compensations in movement patterns that may lead to injury or a decrease in performance.
2. assessment strategies of posture and performance to cater program design to the athletes needs.

Articulation

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Mount San Antonio College	KIN 40	Techniques of Strength Training and Conditioning	3

West Valley College	KINT 42	Principles of Strength Training and Conditioning	3
Fullerton College	PE 153 F	Strength Training and Conditioning	3

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

S'2018

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Description

National Academy of Sports Medicine. *NASM Essentials of Sports Performance Training*. Revised ed., Jones and Bartlett Learning, 2014.

Resource Type

Textbook

Description

National Academy of Sports Medicine. *NASM Essentials of Personal Fitness Training*. 7th ed., Jones and Bartlett Learning, 2020.

Library Resources**Assignments requiring library resources**

Using the Library's print and online resources for research projects and case studies involving the study of typical sport-specific movements and typical training regimen of athletes.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Using the Library's print and online resources research topics on mechanics of overhead throwing to prepare a strengthening program for shoulder strength and injury prevention.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)
Hybrid (1%–50% online)
100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.

E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.
Hybrid (51%–99% online) Modality:	
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100% online Modality:	
Method of Instruction	Document typical activities or assignments for each method of instruction
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Examinations

Hybrid (1%–50% online) Modality

On campus

Hybrid (51%–99% online) Modality

On campus

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates

Department Chair

10/27/2020

Dean

10/29/2020

Technical Review

10/30/2020

Curriculum Committee

MM/DD/YYYY

DTRW-I

MM/DD/YYYY

Curriculum Committee

11/3/2020

Board

MM/DD/YYYY

CCCCO

11/19/2020

Control Number

CCC000590859

DOE/accreditation approval date

MM/DD/YYYY