KINE 143 - Suspension Training Course Outline

Approval Date: 03/12/2020
Effective Date: 08/16/2021

SECTION A

Unique ID Number	CCC000615979
Discipline(s)	Physical Education
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	143
Course Title	Suspension Training
TOP Code/SAM Code	1270.00 - Kinesiology / E - Non-Occupational
Rationale for adding this course to the curriculum	New popular course offering in the Kinesiology/Phys.Ed. department enabling better utilization of one of the racquetball courts. 11/5/19 changed from PHYE to KINES and eliminated variable unit.
Units	1.5
Cross List	*N/A*
Typical Course Weeks	18
Total Instructional Hours	

Contact Hours

Lecture	0.00
Lab	0.00
Activity	54.00
Work Experience	0.00
Outside of Class Hours	27.00

Total Contact Hours	54
Total Student Hours	81

Open Entry/Open Exit	No
Maximum Enrollment	18
Grading Option	Letter Grade or P/NP
Distance Education Mode of Instruction	On-Campus

General Education Information:

SECTION C

Course Description

Repeatability	May be repeated 0 times
Catalog Description	This course offers a suspension training workout. TRX is a full-body strength workout that utilizes a person's own body weight instead of relying on machines or weights. It's good for endurance athletes, power lifters, returning exercisers or those new to fitness.
Schedule Description	TRX is a full-body strength workout that utilizes a person's own body weight instead of relying on machines or weights. It's good for endurance athletes, power lifters, returning exercisers or those new to fitness.

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

    A. Describe and apply the three components of fitness: strength, endurance, flexibility.

2. Course Objectives: Upon completion of this course, the student will be able to:

    A. Improve muscular strength and endurance through suspension training.

    B. Demonstrate muscular flexibility through suspension training stretches.

    C. Execute proper suspension training technique.

    D.

3. Course Content

    A. Pre-workout / dynamic full body warm-up.

    B. Introduction to fitness principles and the benefits of muscular strenth, endurance and flexibility as applied to suspension training.

    C. Training and safety for suspension training techniques.

    D.

4. Methods of Instruction:

  Activity: Demonstration of technique and/or participation during workout.

  Critique: Immediate assessment and corrections for safety and technique and skill level.

  Discussion: Principles, technique, during activity.

  Lecture: Fitness principles, workout technique.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

    Quizzes -- Fitness principles or technique.

    Class Participation -- Participation in daily workouts.

    Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments
Read the chapter on set-up, safety, and success.

Read the chapter on balance, stability and flexibility.
B. Writing Assignments
Describe 3 variations or techniques that workout that simulate a pushup.

Describe a stretching technique that stretches the chest and shoulder region.
C. Other Assignments
D.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:
Author: Dawes, J.
Title: Complete Guide to TRX Suspension Training
Publisher: Human Kinetics
Date of Publication: 2017
Edition: 1

B. Other required materials/supplies.