

Cerro Coso College  
**Course Outline of Record Report**  
 10/05/2021

## KINSC151 : Conditioning for Competitive Athletes

### General Information

Author:	<ul style="list-style-type: none"> <li>• Kimberlee Kelly</li> <li>• King, Sarah</li> <li>• Scott, Justus</li> </ul>
Course Code (CB01) :	KINSC151
Course Title (CB02) :	Conditioning for Competitive Athletes
Department:	Physical Education
Proposal Start:	Spring 2022
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	No
Course Control Number (CB00) :	CCC000547078
Curriculum Committee Approval Date:	05/07/2021
Board of Trustees Approval Date:	07/08/2021
External Review Approval Date:	07/08/2021
Course Description:	This is a course designed to improve individual fitness for competitive athletes. It includes principles of kinesiology and the advanced application of physical fitness methods. This course emphasizes the maintenance of a high level of physical conditioning through an individually designed fitness program.
Submission Type:	Improvement to Program of Study  Changed to KINS Added master discipline , cleaned up language, removed MI's, added rationals to ME, added ME, revisions to SLO , changed units, cleaned up text information, cleaned up outline, added delivery information. This class has not been evaluated. First evaluation fall 21/sp22
Author:	No value

### Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none"> <li>• Coaching</li> <li>• Kinesiology</li> </ul>
Alternate Master Discipline Preferred:	<ul style="list-style-type: none"> <li>• Physical Education</li> <li>• Physical Education</li> </ul>
Bachelors or Associates Discipline Preferred:	<ul style="list-style-type: none"> <li>• Coaching</li> </ul>
Additional Bachelors or Associates Discipline Preferred:	No value

### Course Development Options

<p><b>Basic Skills Status (CB08)</b> Course is not a basic skills course.</p> <p><input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge</p> <p><b>Rationale For Credit By Exam/Challenge</b> No value</p> <p><b>Course Support Course Status (CB26)</b> Course is not a support course</p>	<p><b>Course Special Class Status (CB13)</b> Course is not a special class.</p> <p><b>Allowed Number of Retakes</b> 3</p> <p><b>Retake Policy Description</b> Type: Activity/Other Repeatable  Limit: Three times</p>	<p><b>Grade Options</b></p> <ul style="list-style-type: none"> <li>• Pass/No Pass</li> <li>• Letter Grade Methods</li> </ul> <p><b>Course Prior To College Level (CB21)</b> Not applicable.</p> <p><input checked="" type="checkbox"/> Allow Students To Audit Course</p>
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**Associated Programs**

Course is part of a program (CB24)

<b>Associated Program</b>	<b>Award Type</b>	<b>Active</b>
No value	No value	

**Transferability & Gen. Ed. Options**

**Course General Education Status (CB25)**  
Y

<b>Transferability</b>	<b>Transferability Status</b>
Transferable to both UC and CSU	Approved

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<b>Cerro Coso General Education Requirements</b>	<b>Categories</b>	<b>Status</b>	<b>Approval Date</b>	<b>Comparable Course</b>
Area 7.2	Health & Wellness Activity	Pending	No value	No Comparable Course defined.

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<b>CSU General Education Certification</b>	<b>Categories</b>	<b>Status</b>	<b>Approval Date</b>	<b>Comparable Course</b>
Area E.2	Lifelong Learning & Self-Development Activity	Pending	No value	No Comparable Course defined.

**Units and Hours**

**Summary**

**Minimum Credit Units (CB07)**      0

<b>Maximum Credit Units (CB06)</b>	0
<b>Total Course In-Class (Contact) Hours</b>	0
<b>Total Course Out-of-Class Hours</b>	0
<b>Total Student Learning Hours</b>	0
<b>Faculty Load</b>	0

**Credit / Non-Credit Options**

**Course Credit Status (CB04)**

Credit - Degree Applicable

**Course Non Credit Category (CB22)**

Credit Course.

**Non-Credit Characteristic**

No Value

**Course Classification Status (CB11)**

Credit Course.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

**Weekly Student Hours**

	<b>In Class</b>	<b>Out of Class</b>
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	0	0

**Course Student Hours**

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	0
Laboratory	0
Activity	0
<b>Total</b>	0
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Activity	0
<b>Total</b>	0

**Time Commitment Notes for Students**

No value

**Faculty Load**

**Extra Duties:** 0

**Faculty Load:** 0

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

### Units and Hours: Non-Standard

#### Summary

<b>Minimum Credit Units (CB07)</b>	1.5
<b>Maximum Credit Units (CB06)</b>	1.5
<b>Total Course In-Class (Contact) Hours</b>	87.5
<b>Total Course Out-of-Class Hours</b>	0
<b>Total Student Learning Hours</b>	87.5
<b>Faculty Load</b>	0

#### Detail

##### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	4.72	0

##### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	0
Laboratory	0
Activity	87.5
<b>Total</b>	87.5
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Activity	0
<b>Total</b>	0

##### Time Commitment Notes for Students

No Value

##### Faculty Load

**Extra Duties:** 0

**Faculty Load:** 0

**Units and Hours: Non-Standard - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

**Pre-requisites, Co-requisites, Anti-requisites and Advisories**

No Value

**Entrance Skills**

Entrance Skills	Description
No value	No value

**Limitations on Enrollment**

Limitations on Enrollment	Description
No value	No value

**Specifications**

**Methods of Instruction**

<b>Methods of Instruction</b>	Skills Development and Performance
<b>Rationale</b>	As skills are developed, they are performed by students, reinforcing movement patterns, conditioning and game skill.
<b>Methods of Instruction</b>	Lecture
<b>Rationale</b>	Safety, rules of play, and appropriate technique are all part of the class lecture, which is used to share ideas and content to enhance student reading and help them further explore topics.
<b>Methods of Instruction</b>	Demonstration
<b>Rationale</b>	Demonstrations of game skills provide visual reinforcement of lecture ideas and fitness moves.

**Assignments**

No Value

**Methods of Evaluation**

**Rationale**

Tests	Students are assessed via a skills test based on a rubric. Example-Students are asked to demonstrate proper techniques and form for plyometric exercise. Scoring is based on the rubric developed for the assessment.
Participation	Fitness courses require participation to gain desired fitness goals.

**Equipment**

No Value

**Textbooks**

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

**Other Instructional Materials**

No Value

**Materials Fee**

No

**Learning Outcomes and Objectives**

**Course Objectives**

No value

**CSLOs**

- Plan and implement an effective personalized fitness program. Expected SLO Performance: 70.0
- Demonstrate biomechanical movement as applied to the sport to create efficiency of psychomotor skills and achieve maximum benefits in that sport. Expected SLO Performance: 70.0
- Identify and execute proper use of equipment. Expected SLO Performance: 70.0

## Outline

### Course Outline

#### I. Kinesiology and Physiological Knowledge of the Body

##### A. Skeletal and Muscular Systems

1. Muscle contraction explanation
2. Muscles used for various exercises
3. Muscle origin and insertion

##### B. Mechanical Basis for Efficient Movement

1. Various exercise techniques
2. Posture
3. Body positioning

##### C. Exercise Programs

1. Flexibility and stretching
2. Stretching
3. Isometric
4. Isotonic-weight lifting
5. Aerobic exercise
6. Jogging and sprinting
7. Circuit training

##### D. Developing an exercise program in preparation for athletic competition

1. Sport specific exercise
2. Understanding biomechanics of sport

#### II. Team Dynamics

- A. How to be an effective teammate
- B. Understanding team interaction

#### III. Safety

- A. Dangers of exercise and sport
- B. Proper exercise form
- C. Use of exercise equipment

## Delivery Methods

**Delivery Method: Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other**

- Face to face

**Rigor Statement: Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section? Describe the ways in which instructor-student contact and student-student contact will be facilitated in the distance ed environments.**

No Value

**Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Message -Other Contact -Chat/Instant Messaging -E-mail - Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV - Interactive Video -Other**

- Message
- Chat/Instant Messaging
- E-mail

- Face-to-face meeting(s)
- Telephone

**Software and Equipment:** What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

**Accessibility:** Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

No Value

**Class Size:** Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

No Value

**Emergency Distance Education Options** The course will operate in remote delivery mode when all or part of the college service area is under an officially declared city, county, state, or federal state of emergency, including (check all that apply) - Online including all labs/activity hours - Hybrid with online lecture and onsite lab/activity hours - Correspondence education in high school and prison facilities - None. This course will be cancelled or paused if it cannot be held fully onsite.

- Online including all labs/activity hours
- Hybrid with online lecture and onsite lab/activity hours