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

KINSC152 : Extended Conditioning for Competitive Athletes

General Information

Author:	- Kimberlee Kelly - King, Sarah - Scott, Justus
Course Code (CB01) :	KINSC152
Course Title (CB02) :	Extended Conditioning for Competitive Athletes
Department:	Physical Education
Proposal Start:	Spring 2022
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	No
Course Control Number (CB00) :	CCC000547263
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 an advanced 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, cleaned up 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. Fall 21 Spring 22 scheduled
Author:	No value

Faculty Minimum Qualifications

Master Discipline Preferred:	- Coaching - Kinesiology - Physical Education
Alternate Master Discipline Preferred:	No value
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

Course Development Options

Basic Skills Status (CB08)	Course Special Class Status (CB13)	Grade Options

Course is not a basic skills course.

Course is not a special class.

- Pass/No Pass
- Letter Grade Methods

☐ Allow Students to Gain Credit by Exam/Challenge

Allowed Number of Retakes

3

Course Prior To College Level (CB21)

Not applicable.

Rationale For Credit By Exam/Challenge

No value

Retake Policy Description

Activity/special hours 3 re-takes

☑ Allow Students To Audit Course

Course Support Course Status (CB26)

Course is not a support course

Associated Programs

☐ Course is part of a program (CB24)

Associated Program

No value

Award Type

No value

Active

Transferability & Gen. Ed. Options

Course General Education Status (CB25)

Y

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Cerro Coso General Education Requirements	Categories	Status	Approval Date	Comparable Course
Area 7.2	Health & Wellness Activity	Approved	No value	No Comparable Course defined.

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

Units and Hours

Summary

Minimum Credit Units (CB07)   0

Maximum Credit Units (CB06)   0

Total Course In-Class (Contact) Hours	0
Total Course Out-of-Class Hours	0
Total Student Learning Hours	0
Faculty Load	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

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

Course Student Hours

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

Minimum Credit Units (CB07)	3
Maximum Credit Units (CB06)	3
Total Course In-Class (Contact) Hours	175
Total Course Out-of-Class Hours	0
Total Student Learning Hours	175
Faculty Load	0

Detail

Weekly Student Hours

	In Class	Out of Classs
Lecture Hours	0	0
Laboratory Hours	21.25	0
Activity Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	175
Activity	0
Total	175
Course Out-of-Class Hours	
Lecture	0
Laboratory	0
Activity	0
Total	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

Methods of Instruction	Demonstration
Rationale	Demonstrations of game skills provide visual reinforcement of lecture ideas and fitness moves.

Methods of Instruction	Performance
Rationale	As skills are developed, they are performed by students, reinforcing movement patterns and game skill.

Methods of Instruction	Lecture
Rationale	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.

Assignments

No Value

Methods of Evaluation	Rationale
Tests	Students are assessed via a skills test based on a rubric. Example-Students demonstrate proper techniques and form for Olympic lifting exercise. Scores are based on the rubric developed for the assessment.
Project	Students design an exercise program that includes agility, balance, coordination, power, reaction time, and speed. Scores are based on a rubric developed for that assignment.

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 value

Learning Outcomes and Objectives

Course Objectives

No value

CSLOs

Plan and execute a fitness program that includes agility, balance, coordination, power, reaction time, and speed.	Expected SLO Performance: 70.0
Improve in all the technical aspects of the sport.	Expected SLO Performance: 70.0
Demonstrate improvement in muscular strength, endurance, flexibility and cardiovascular - respiratory endurance.	Expected SLO Performance: 70.0
Describe and demonstrate safe use of equipment.	Expected SLO Performance: 70.0

Outline

Course Outline

A. Physiological and Kinesiological Knowledge of the Body
1. Cardiovascular-respiratory system
a) Heart functioning
b) Oxygen utilization
c) Blood flow and vascular parameters

2. Skeletal and Muscular Systems
a) Muscle contraction
b) Muscle use in exercise
c) Muscle origin and insertion

3. Mechanical Basis for Efficient Movement
a) Safe and efficient movement
b) Angles and stress points

B. Concepts and Skills
1. Agility
2. Balance
3. Coordination
4. Power
5. Reaction time
6. Speed
7. Safety and advanced fitness concepts
8. Exercise programs
9. Dynamic flexibility and stretching
10. Plyometric exercise

C. Physical Fitness Evaluation
1. Weight and body measurements.
2. Pulse-rate
3. Aerobics - 1 1/2 mile run for time
4. Endurance - 3-5 mile run

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.

- Learning management system

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