

# KINE 039: TRX & KETTLEBELL TRAINING

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Date Submitted: Fri, 01 Mar 2019 00:39:43 GMT

**Originator**

Wendy Ansley

**Justification / Rationale**

Code alignment project recommendation

**Effective Term**

Fall 2019

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

039

**Full Course Title**

TRX & Kettlebell Training

**Short Title**

TRX/KETTLEBELL EX

**Discipline****Disciplines List**

Physical Education

**Modality**

Face-to-Face

**Catalog Description**

This course provides instruction in the most current and up-to-date methods of TRX and Kettlebell training. TRX is a form of resistance training that includes various bodyweight, multiplanar and compound exercise movements. These are done with the aim of developing strength, balance, flexibility, and joint stability. Kettlebells will be used to perform ballistic exercises that combine cardiovascular, strength and flexibility which improve grip strength and the posterior chain muscles. Kettlebell movements include kettlebell swing, snatch, and the clean and jerk.

**Schedule Description**

This course provides instruction in the latest exercise techniques of TRX and Kettlebell training. A combination of resistance training and ballistic exercises will be used to improve cardiovascular fitness, strength, balance, flexibility and the posterior chain muscles.

**Lecture Units**

.5

**Lecture Semester Hours**

9

**Lab Units**

0.5

**Lab Semester Hours**

27

**In-class Hours**

36

**Out-of-class Hours**

18

**Total Course Units**

1

**Total Semester Hours**

54

**Required Text and Other Instructional Materials****Resource Type**

Book

**Author**

Barrett, Steve

**Title**

The Total Suspended Bodyweight Training Workout: Trade Secrets of a Personal Trainer

**Edition**

1st

**City**

London

**Publisher**

Bloomsbury Academic

**Year**

2013

**College Level**

Yes

**Flesch-Kincaid Level**

12

**ISBN #**

1408832585

**Resource Type**

Book

**Author**

Randolph, Dave

**Title**

The Ultimate Kettlebells Workbook: The Revolutionary Program to Tone, Sculpt and Strengthen Your Whole Body

**Edition**

1st

**City**

Berkeley, CA

**Publisher**

Ulysses Press

**Year**

2011

**College Level**

Yes

**Flesch-Kincaid Level**

12

**ISBN #**

1569758743

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**Class Size Maximum**

40

**Course Content**

1. Individual fitness skills.
  - a. Static positions
    - i. Hollow rock
    - ii. Plank
    - iii. L-sit
2. TRX vocabulary
  - a. Terms for skill
  - b. Techniques
    - i. Deltoid fly
    - ii. Incline press
    - iii. Triceps press
    - iv. Chest press
    - v. Swimmer pull
    - vi. Pendulum
    - vii. Obliques pike
    - viii. Lunge
    - ix. Power pull
    - x. Plank
    - xi. Side plank
    - xii. Push up
    - xiii. Dip
    - xiv. core complex
    - xv. Squat
    - xvi. Single leg squat
  - c. Routines
    - i. Speed and agility
    - ii. Bodyweight training
    - iii. Core fitness
    - iv. Interval training
    - v. Functional Training
    - vi. Strength
    - vii. Flexibility and mobility
    - viii. Endurance
3. Kettlebell Vocabulary
  - a. Terms for skills
  - b. Techniques
    - i. Swing
    - ii. Snatch
    - iii. Clean & Jerk
    - iv. One arm snatch
    - v. Sumo dead-lift high pull
    - vi. Farmer carries
    - vii. Shoulder press
    - viii. Goblet squat
  - c. Routines

- i. Cardiovascular fitness
  - ii. Strength
  - iii. Strength endurance
  - iv. Flexibility training
- 4. Safety Concepts
  - a. Protective positioning
  - b. Internal, external, broad and narrow focus of attention
  - c. Safety mats
  - d. Equipment
    - i. setting up
    - ii. adjusting

### Lab Content

- Warm up exercises
- Flexibility training
- Fundamental skill work
- Setting/adjusting equipment that will be used for the workout of the day.
- Skill progression
- Muscular strength/Endurance workouts
- Upper body routine using TRX and Kettlebells
- Lower body routine using TRX and Kettlebells
- Core complex routine

### Course Objectives

	Objectives
Objective 1	Evaluate and monitor TRX and Kettlebell progression.
Objective 2	Analyze daily participation in TRX and Kettlebell workouts.
Objective 3	Develop knowledge of various kettlebell exercises.
Objective 4	Develop knowledge of various TRX exercises.
Objective 5	Understand the relationship between strength, flexibility, and proper technique.
Objective 6	Demonstrate improvements in cardiovascular endurance and strength endurance.
Objective 7	Understand the importance of form, alignment and efficiency of movement.
Objective 8	Demonstrate an understanding of safety and injury prevention.

### Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Apply and demonstrate the proper biomechanics of TRX resistance training.
Outcome 2	Apply and demonstrate the proper biomechanics of various kettlebell exercises.
Outcome 3	Identify upper and lower body exercises and the muscle groups they target.

### Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	
Participation	
Observation	
Lecture	
Demonstration, Repetition/Practice	
Discussion	

**Methods of Evaluation**

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Written homework		
Student participation/contribution		
Tests/Quizzes/Examinations		
Group activity participation/observation		
Presentations/student demonstration observations		
Field/physical activity observations		
Self-paced testing, Student preparation		
Critiques		

**Assignments**
**Other In-class Assignments**

- Day to day skill practice
- Cardiovascular skill testing
  - 1 mile run
  - 400m run
  - 100m sprint
- Muscular endurance testing
  - 1 min test
    - Sit ups
    - Push ups
    - Pull ups
    - Burpees
    - Squats
- Core Testing
  - Hollow rock
  - L-sit
  - plank
- Body Fat Testing

**Other Out-of-class Assignments**

- Skill practice
- Endurance practice

**Grade Methods**

Letter Grade Only

**MIS Course Data**
**CIP Code**

31.0507 - Physical Fitness Technician.

**TOP Code**

083520 - Fitness Trainer

**SAM Code**

C - Clearly Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Transfer CSU, limited UC

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

**Approvals****Curriculum Committee Approval Date**

03/21/2019

**Academic Senate Approval Date**

03/28/2109

**Board of Trustees Approval Date**

05/17/2019

**Chancellor's Office Approval Date**

6/1/2019

**Course Control Number**

CCC000605864

**Programs referencing this course**

Fitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=148>)

Personal Trainer Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=80>)