

Course Outline of Record

1. Course Code: KINE-038
2. a. Long Course Title: Advanced Physical Training for Public Safety Academy
 b. Short Course Title: ADV PSA FIT TRAINING
3. a. Catalog Course Description:
 This advanced physical training course provides students with opportunities to advance their fitness and physical skills specific to career paths in public safety academies. Students will have an advanced fitness exercise prescription design to improve the components of fitness, and promote success in fitness testing specific to the various public safety academies. The course will consist of advanced exercises in core training, TRX, kettlebell and cardiorespiratory endurance training.
 b. Class Schedule Course Description:
 This advanced physical training course provides students with opportunities to advance their fitness and physical skills specific to career paths in public safety academies. Students will have an advanced fitness exercise prescription design to improve the components of fitness, and promote success in fitness testing specific to the various public safety academies. The course will consist of advanced exercises in core training, TRX, kettlebell and cardiorespiratory endurance training.
 c. Semester Cycle (if applicable): N/A
 d. Name of Approved Program(s):
4. Total Units: 1.00 Total Semester Hrs: 54.00
 Lecture Units: 0 Semester Lecture Hrs: 0
 Lab Units: 1 Semester Lab Hrs: 54.00
 Class Size Maximum: 40 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.) N/A
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

See lab content.

Lab: (if the "Lab Hours" is greater than zero this is required)

1. Personal goal setting
2. Personal fitness testing to include muscular strength, endurance, cardiorespiratory endurance, flexibility and agility
3. Advanced cardiorespiratory exercise prescription to include and enhance diverse energy pathways such as immediate energy: the high energy phosphate system, short-term energy: the lactic acid system and long term energy; the oxygen system
4. Advanced kettlebell exercises to improve muscular endurance and muscular strength
5. Advanced TRX exercises to improve core strength specific to skills and strength necessary for PSA fitness testing
6. High Intensity Interval Training, definition and value for improving cardiorespiratory endurance
7. Hill sprints to improve VO2max and leg turnover

8. Tabata conditioning drills, and value for improving muscular strength and endurance
9. Specific advanced yoga exercises to strengthen pelvic hip girdle and improve muscular regeneration
10. Nutritional principles to improve body composition and build lean muscle mass

9. Course Student Learning Outcomes:

1.

Identify 10 TRX exercises to improve overall muscular strength and endurance.

2.

Define HIIT (high intensity interval training) principle and it's relationship to cardiorespiratory fitness and assessment.

3.

Explain pre and post assessments similar to those in the public safety academy fitness testing and develop exercise prescription methods to promote individual improvement.

4.

Identify 10 kettlebell exercises to promote overall body strength and muscular endurance conditioning.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Develop personal goals to improve fitness.
- b. Comprehend the benefits of kettlebell training to improve muscular strength and endurance.
- c. Give examples of diverse energy pathways and various exercise prescription methods to improve cardiorespiratory endurance.
- d. Recognize the value of HIIT training and improvements in cardiorespiratory endurance, metabolism and speed strength.
- e. Identify field testing and assessments critical for career paths in the Public Safety Academies.
- f. Describe the benefits of TRX training and demonstrate TRX exercises to improve core strength and muscular endurance.
- g. Identify flexibility exercises to strengthen and stretch the pelvic hip girdle and back.
- h. Explain the importance of Hill training, Vo2 max and speed development to improve cardiorespiratory fitness assessments.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Collaborative/Team
- c. Demonstration, Repetition/Practice
- d. Discussion
- e. Individualized Study
- f. Observation
- g. Participation
- h. Role Playing
- i. Self-exploration
- j. Technology-based instruction

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 54.00

Outside Class Hours: 0

a. In-class Assignments

1. Fitness goal setting
3. Fitness assessments pre and post specific to Public Safety Academy testing
4. Body composition assessments pre and post

5. Group participation projects and fitness testing

b. Out-of-class Assignments

1. Personalized Fitness Journal, goal setting
2. Article critiques
3. Outside fitness apps and charting frequency, intensity, time and improvements

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Portfolios
- Self-paced testing
- Laboratory projects
- Field/physical activity observations
- Presentations/student demonstration observations
- Group activity participation/observation
- Product/project development evaluation
- Self/peer assessment and portfolio evaluation
- Student participation/contribution
- Student preparation

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO - Career and Technical Education

Fulfill the requirements for an entry- level position in their field.

Display the skills and aptitude necessary to pass certification exams in their field.

IO - Personal and Professional Development

Display habits of intellectual exploration, personal responsibility, and physical well being.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

This course provides our students with the necessary physical fitness and skill training to assist them with the rigorous demands of career paths in public safety academies.

20.
 - a. Cross-Listed Course (*Enter Course Code*): *N/A*
 - b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000576997
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course

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- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 2 = Stand-alone

Name of Approved Program (if program-applicable): N/A

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 30
Third Year: 40

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 08/28/16