

# KINE 039: TRX & KETTLEBELL TRAINING

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**Originator**

wansley

**Justification / Rationale**

The course is moving from lecture to all lab.

**Effective Term**

Fall 2020

**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.

**Lab Units**

1.0

**Lab Semester Hours**

54

**In-class Hours**

54

**Out-of-class Hours**

0

**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

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**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 and kettlebell exercises.

### Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Activity	Students will participate in group TRX and kettlebell activities.
Participation	Students will earn active participation points for diverse constantly varied exercise programming and fitness testing.
Observation	Students will go in small groups and observe proper biomechanics of movement in kettlebell and TRX exercises.
Lecture	There will be discussion on proper movement, form and technique.
Demonstration, Repetition/Practice	Students will demonstrate, practice and repeat diverse TRX and kettlebell exercises.
Discussion	There will be group discussion on kettlebell and TRX benefits and programming options.

### 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	Students will participate in discussion threads and goal sheets.	In and Out of Class
Student participation/contribution	Students will participate and contribute to diverse group programming.	In Class Only

Group activity participation/observation	Students will participate in small group exercise observations.	In Class Only
Presentations/student demonstration observations	Students will demonstrate and present inspirational ideas for TRX and kettlebell courses.	In Class Only
Field/physical activity observations	Students will observe creative field and exercise programming to meet the diverse needs of the students.	In Class Only
Self-paced testing	Students will prepare fitness goal sheets and article critiques	In Class Only
Critiques	Students will participate in fitness article critique analysis to promote learning in and out of class for lifelong wellness.	In and Out of Class

## 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
- goal sheets pre and post
- article critiques to support personal reflection discussion post

### 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**

2/20/2020

**Academic Senate Approval Date**

2/27/2020

**Board of Trustees Approval Date**

3/20/2020

**Chancellor's Office Approval Date**

4/08/2020

**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/>)