

College of San Mateo

Course Outline

- New Course
 Update/No change
 Course Revision (Minor)
 Course Revision (Major)

Date: 11/24/2010

Department: Fitness

Number: 226

Course Title: Plyometric Conditioning

Units: .5 or 1.0

Total Semester Hours

Lecture:

Lab: 24 or 48

Homework:

By

Arrangement:

Length of Course

- Semester-long
 Short course (Number of weeks 6-8 ___)
 Open entry/Open exit

Grading

- Letter
 Pass/No Pass
 Grade Option (letter or Pass/No Pass)

Faculty Load Credit (To be completed by Division Office; show calculations.):

$1.5 \times 16 / 16 \times .75 = 1.125$ or $3 \times 16 / 16 \times .75 = 2.25$ FLC

1. **Prerequisite** (Attach Enrollment Limitation Validation Form.) Completion of or concurrent enrollment in a varsity course or equivalent fitness level as documented by a physical conducted by a licensed medical physician and a thorough orthopedic examination.
2. **Corequisite** (Attach Enrollment Limitation Validation Form.)
3. **Recommended Preparation** (Attach Enrollment Validation Form.)
4. **Catalog Description: Fitness 226 - Plyometric Conditioning (.5 or 1) Pass/No Pass or letter grade option.** Minimum 24 or 48 lab hours per term. **Prerequisite:** Completion of or concurrent enrollment in a varsity course or equivalent fitness level as documented by a physical conducted by a licensed medical physician and a thorough orthopedic examination. Course designed to promote physiological development of strength, speed and power through a series of leaping, bounding and hopping exercises to effectively improve coordination and agility. May be taken four times for a maximum of four units. (AA: Area E4, CSU).
5. **Class Schedule Description: Fitness 226 - Plyometric Conditioning** Course designed to promote physiological development of strength, speed and power through a series of leaping, bounding and hopping exercises to effectively improve coordination and agility. **Prerequisite:** Completion of or concurrent enrollment in a varsity course or equivalent fitness level as documented by a physical conducted by a licensed medical physician and a thorough orthopedic examination. May be taken four times for a maximum of four units. (AA: Area E4, CSU).
6. **Student Learning Outcomes** (Identify 1-6 expected learner outcomes using active verbs.)

Upon successful completion of the course, the student will be able to:

- Engage in a safe, effective plyometric program
- Explain the differences between plyometric training, aerobic training and anaerobic training.
- Improve/maintain overall fitness level
- Carry out pre and post test assessment

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. In this case, "Same as Student Learning Outcomes" is appropriate here.*)

Same as SLO's

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, a sample course syllabus with timeline may be attached.)

1. **Understanding safety protocol**
2. **Engaging in flexibility exercises, warm-up**
 - a. **Flexibility: lower limbs, core, upper limbs**
 - b. **Warm-up: moderate aerobic activities**
3. **Fast twitch core training (response time)**
 - a. **Emphasis on core development**
 - i. **Gastrocnemius, hamstrings, quadriceps, gluteus maximus**
 - ii. **Latissimus dorsi, trapezius**
 - iii. **Abdominals**
4. **Eccentric drop and hold jumps**
5. **Eccentric to concentric phase (muscular response)**
6. **Pre-season/early conditioning phase (low range)**
 - a. **Split squats**
 - b. **Jump squats**
 - c. **Straight leg jumps**
7. **Main power conditioning phase (medium range)**
 - a. **Single leg variants**
 - b. **Development of optimum force return**
8. **Pre-competition phase (high range)**
 - a. **Quality, high intensity activity**
 - b. **Sport specific activities**
9. **Competition phase (maintenance)**
 - a. **High quality drills, low in number**

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Describe out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills. **If hours by arrangement are required, please indicate the additional instructional activity which will be provided during these hours, where the activity will take place, and how the activity will be supervised.**)

Demonstrations, DVD, video and other media will be used to assist the instructor in providing visual aides to students

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

- Progressive skill development
- Assessment of pre and post physiological adaptations
- Written exam on principles of exercise with emphasis on plyometric activity

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Plyometrics for athletes at all levels, Neal Pire, Ulysses Press, 2006, Instructor generated handouts, Various DVD's

Prepared by:

(Signature)

Email address:

Submission Date:
