College of San Mateo
Course Outline

☒ New Course
☐ Update/No change
☐ Course Revision (Minor)
☐ Course Revision (Major)

Date: 7/29/10

Department: **FITN** **Number: 227**

Course Title: **TRX® Suspension Training** **Units: 0.5 or 1.0**

Total Semester Hours **Lecture:** **24 or 48** **Lab:** **Homework:** **By Arrangement:**

Length of Course

☒ Semester-long
☒ Short course (Number of weeks6-8)
☐ 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.)**:**
24/16*.75=1.125 FLCs or 48/16*.75= 2.25 FLCs

1. **Prerequisite** (Attach Enrollment Limitation Validation Form.)

NONE

2. **Corequisite** (Attach Enrollment Limitation Validation Form.)

NONE

3. **Recommended Preparation** (Attach Enrollment Validation Form.)

NONE

4. **Catalog Description** (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)

FITN 227 TRX® Suspension Training (.5 or 1)(Pass/No Pass or letter grade option.) Minimum of 24 or 48 lab hours per term. TRX® Suspension training includes anaerobic and aerobic conditioning for students who wish to develop a comprehensive muscle endurance/aerobic base. This class is designed to incorporate a structured, non-stop exercise routine to increase strength and endurance. Students will be required to keep a daily exercise log for the semester. May be taken four times for a maximum of 4 units. (AA: Area E4, CSU).

5. **Class Schedule Description** (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)

FITN 227 TRX® Suspension Training includes anaerobic and aerobic conditioning for students who wish to develop a comprehensive muscle endurance/aerobic base. This class is designed to incorporate a structured, non-stop exercise routine to increase strength and endurance. Students will be required to keep a daily exercise log for the semester. Pass/No Pass or letter grade option. 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:
a. Employ functional training techniques with a single TRX® trainer to compliment an existing exercise program
b. . Incorporate flexibility exercises relative to fitness goals
c. Organize all exercise modalities in the most effective order based on individual fitness goals

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.)

I. Introduction
a. Review of appropriate and safe use of TRX® Suspension Trainer
b. Review and demonstration of techniques of all exercises, apparatus, and free mode exercises
c. Review of how the circuit is organized and executed, benefits of TRX® suspension training, pros and cons, kinesiology as it applies to curcuit weight training , and injury prevention

II. Aerobic exercises
a. Jump rope

III. Anaerobic exercises
a. Whole Body Movement
b. Medicine ball drills
c. Plyometrics

IV. Flexibility exercises
a. Multi joint stretches
b. Single joint stretches
c. Dynamic stretching
d. Static stretching
e. Progressive stretch

V. Concepts of Circuit Weight Training
a. Aerobic
b. Anaerobic
c. Muscle strength
d. Muscle endurance
e. Flexibility
f. Body composition
g. Injury prevention

VI. Concepts of kinesiology
a. Muscle action
b. Neuromuscular function
c. Physiological adaptation

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.**)

Lectures, instructor demonstrations, class discussions, take-home assignments, skills practice.

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.)

Skills observation, quizzes, pre and post physical assessment (aerobic capacity, weight, sit-ups, resting heart rate, resting blood pressure, flexibility, body composition).

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

TRX® Handouts

Prepared by: _____
(Signature)

Email address: borgn@smccd.edu

Submission Date: 7/29/10