

KINE 143 - Suspension Training Course Outline

Approval Date: 03/12/2020

Effective Date: 08/16/2021

SECTION A

Unique ID Number CCC000615979

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 143

Course Title Suspension Training

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum New popular course offering in the Kinesiology/Phys.Ed. department enabling better utilization of one of the racquetball courts. 11/5/19 changed from PHYE to KINES and eliminated variable unit.

Units 1.5

Cross List N/A

Typical Course Weeks 18

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course offers a suspension training workout. TRX is a full-body strength

A. Reading Assignments

Read the chapter on set-up, safety, and success.

Read the chapter on balance, stability and flexibility.

B. Writing Assignments

Describe 3 variations or techniques that workout that simulate a pushup.

Describe a stretching technique that stretches the chest and shoulder region.

C. Other Assignments