Course Outline for Physical Education Activity PLF2

INTERMEDIATE PLYOMETRIC AND AGILITY TRAINING FOR WOMEN

Catalog Description:

PEAC PLF2 - Intermediate Plyometric and Agility Training for Women 0.50 - 2.00 units

Designed for the woman who has completed the beginning plyometric and agility training course to continue to advance her strength levels, skills and ability in power training.

Prerequisite: PEAC PLF1 (completed with a grade of "C" or higher)

Grading Option: Letter Grade

Discipline:

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<th>Units (Min)</th>
<th>Units (Max)</th>
<th>Contact Hours</th>
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| Lecture  | 0.00 | 0.00 | 0.00 | 0.00 |
| Laboratory | 2 | 6 | 35.00 | 105.00 |
| Clinical | 0.00 | 0.00 | 0.00 | 0.00 |
| Total | 0.50 | 2.00 | 2.00 | 6.00 | 35.00 | 105.00 |

Prerequisite Skills:

Before entry into this course, the student should be able to:

1. demonstrate improved leg strength and knee joint stability with landing;
2. show enhanced jumping and landing technique;
3. apply improved footwork and increased foot speed to their sport-specific environment;
4. perform sport-specific skills with improved neuromuscular control and balance;
5. demonstrate an ability to safely change direction efficiently;
6. exhibit an increased flexibility and range-of-motion, especially in the lower body (important for injury prevention);
7. demonstrate core abdominal strength for better posture, balance, coordination, and agility;
8. analyze exercise technique and modify the technique if flaws noted;

Measurable Objectives:

Upon completion of this course, the student should be able to:

1. assess improvement in their core and leg strength;
2. perform a squat correctly;
3. perform a correct deadlift;
4. perform a double leg drop and stick without losing balance;
5. perform a single leg drop and stick with losing balance;
6. demonstrate alternate leg bounding;
7. single leg hopping.

Course Content:

Core and Strength Assessment

Strength Training
1. Double Leg Squats
2. Single Leg Squats
3. Double Leg deadlift
4. Single Leg deadlift
5. Compound lift and plyometric activity
6. React Trainer
7. Vertimax Trainer

Plyometrics
1. Double Leg drop and stick
2. Single leg drop and stick
3. Double leg box jump
4. Single leg box jump
5. Double leg in depth jump
6. Single leg in depth jump
7. Alternate leg bounding
8. Single leg hops forward
9. Single leg hopping to the side

Methods of Presentation
1. Demonstration/Exercise
2. Discussion Seminar
3. Group Activities
4. Practice/Demonstration
5. Small Group Coaching
6. One-on-one coaching
7. Use of Recordings

**Assignments and Methods of Evaluating Student Progress**

1. **Typical Assignments**
   A. Read the chapter, watch the demonstration in class then perform a correct squat focusing on proper posture.
   B. Demonstrate how to perform a single leg drop and stick correctly.
   C. Write a one page paper on how to correctly develop a power and speed training plan in regards to the effect on the neuromuscular and the hormonal system.

2. **Methods of Evaluating Student Progress**
   A. Class Work
   B. Class Participation
   C. Exams/Tests
   D. Attendance
   E. Demonstration of practice and skills

3. **Student Learning Outcomes**
   Upon the completion of this course, the student should be able to:
   A. Demonstrate and explain the physiological reasons for performing a proper warm up.
   B. Work within a group, or team, to solve problems

**Textbook (Typical):**

**Special Student Materials**

**Abbreviated Class Schedule Description:**

Designed for the woman who has completed the beginning plyometric and agility training course to continue to advance her strength levels, skills and ability in power training.

**Prerequisite:** PEAC PLF1 (completed with a grade of "C" or higher)