

KINE-143: SUSPENSION TRAINING

Justification for this inactivation request

Course not offered in 3 years.

Effective Term

Fall 2025

CC Approval

11/01/2024

AS Approval

11/14/2024

BOT Approval

11/21/2024

COCI Approval

03/13/2025

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

143

Department

Kinesiology

Division

KINE

Full Course Title

Suspension Training

Short Title

Suspension Training

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course Description

This course offers a suspension training workout. TRX is a full-body strength workout that utilizes a person's own body weight instead of relying on machines or weights. It's good for endurance athletes, power lifters, returning exercisers or those new to fitness.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Emergency Only
Hybrid	Emergency Only

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Describe and apply the three components of fitness: strength, endurance, flexibility.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Improve muscular strength and endurance through suspension training.
2.	Demonstrate muscular flexibility through suspension training stretches.
3.	Execute proper suspension training technique.

Course Content

1. Pre-workout / dynamic full body warm-up.
2. Introduction to fitness principles and the benefits of muscular strength, endurance and flexibility as applied to suspension training.
3. Training and safety for suspension training techniques.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Demonstration of technique and/or participation during workout.
Critique	Immediate assessment and corrections for safety and technique and skill level.
Discussion	Principles, technique, during activity.
Lecture	Fitness principles, workout technique.

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Quizzes	Fitness principles or technique.
	Participation in daily workouts.

Assignments

Reading Assignments

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

Writing Assignments

Describe 3 variations or techniques that workout that simulate a pushup.
 Describe a stretching technique that stretches the chest and shoulder region.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Dawes, J.

Title

Complete Guide to TRX Suspension Training

Edition/Version

1st

Publisher

Human Kinetics

Year

2017

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No