



KIN 28 - Plyometric Training

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the fundamental skills of plyometric training. Students will learn to distribute power to increase speed, flexibility and agility. Additional instruction will be given on explosive ways to change direction and speed. This course will help guide students to build basic sport specific plyometric training drills and program.

Objectives

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

1. define the components of plyometric training.
2. perform skills and movements of plyometric training.
3. build a sport specific plyometric training program.
4. develop and modify proper safety techniques for plyometric training.
5. identify proper levels of fitness for plyometric training.

Course Content

Topic Titles / Suggested Time Topic		
	<u>Lecture/Activity</u>	
<u>Topics</u>		<u>Lec Hrs</u> <u>Act Hrs</u>
Orientation: Prevention of Injuries & Hydration		1.00
Understanding Plyometrics		1.00
Basic Plyometric Training Exercises & Mechanics		1.00
Plyometric Training: Agility & Flexibility		6.00
Plyometric Training: Speed		6.00
Plyometric Training: Quickness		6.00
Plyometric Training: Power		6.00
Change of Direction Movements		6.00
Designing a Sport Specific Plyometric Training Program		8.00
Warm Up and Cool Down		4.00
Lateral Movement Exercises		3.00
Acceleration and Deceleration		3.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Demonstrations
- B. Discussion
- C. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- D. Multimedia Presentations
- E. Drills/ Practical
 - Handout/Internet downloads

Methods of Evaluation

- A. Exams/Tests
- B. Research Projects
- C. Oral Presentation
- D. Homework
- E. Class participation
- F. Performance Examinations
- G. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read an internet article that outlines the history of plyometrics and the impact it has on competitive athletes. Be prepared to discuss in class.
2. Read a minimum of two plyometric training articles that describe exercises and drills used by collegiate and professional athletes. Be prepared to demonstrate and discuss in class.

Writing Assignments

1. Write a two page essay describing the philosophy of plyometrics, the health benefits of plyometric training, the importance of proper form and the frequency of use.
2. Prepare a plyometric workout plan explaining why each exercise and drill are categorized as plyometric, what muscle(s) are being engaged, and classify what categories the movements fall under.

Out-of-Class Assignments

1. View two separate sporting events and identify how and what plyometric movements the athletes perform. Be prepared to discuss and demonstrate your observations in class.
2. Research sport specific plyometric exercises and drills used by elite athlete performance centers. Be prepared to discuss (why these specific exercises are relevant to that sport) and demonstrate in class.

Recommended Materials of Instruction

McNeely, E. and Sandler D. (2006). Power Plyometrics: The Complete Program. *Myer & Myer Sport (UK) LTD, 2nd*.

Chu, D. (1998). Jumping Into Plyometrics. *Human Kinetics, 2nd*.

Other Learning Materials

1. Athletic apparel (loose fitting clothing, sweatpants, loose fitting t-shirts).
2. Close-toed athletic shoes.
3. Other materials and/or equipment will be provided by the department.

Minimum Qualifications

Physical Education (Masters Required)

Coaching

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