**COLLIN COLLEGE**

**COURSE SYLLABUS**

Course Information

**Course Number:** KINE 2139

**Course Title:** High Intensity Interval Training

**Course Description:** A training technique that involves giving all-out anaerobic effort (80 - 95% of estimated maximal heart rate) through quick, intense bursts of exercise, followed by short, active rest periods (40 - 50% of estimate maximal heart rate).  This type of training allows for a higher post-exercise oxygen consumption, thus using more energy (burning more calories from fat) post-exercise.  By utilizing equipment such as medicine balls, kettlebells, jump ropes, dumbbells, stability balls, tension bands, etc., maximum cardiac output and a higher VO2 max can be achieved.

*Note: A student may receive up to 4 credit hours of any combination of KINE course numbers in the 2100-2144 range; however, the same course cannot be taken more than twice.*

**Course Credit Hours:** 1

Lab Hours: 3

**Student Learning Outcomes:** Upon successful completion of this course, students will:

1. Demonstrate the ability to monitor the heart rate during both anaerobic and aerobic phases.
2. Demonstrate an understanding of how to manipulate exercise to accomplish training at these two different phases.
3. Demonstrate the ability to calculate and compare caloric expenditure differences during both aerobic and anaerobic activities for equal amounts of time.
4. Demonstrate knowledge of the basic terminology, training principles and safety guidelines of high intensity interval training.
5. Demonstrate an understanding of muscle structure and function changes, which occur as adaptations to exercise.
6. Demonstrate the ability to design and implement an exercise program based on desired outcomes and scientific principles.
7. Demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
8. Demonstrate the knowledge of how to prevent and treat common high intensity injuries.

**Withdrawal Policy:** See the current *Collin Registration Guide* for last day to withdraw.

**Collin College Academic Policies:** See the current *Collin Student Handbook*

**Americans with Disabilities Act Statement:** Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

*Fall 2018 New*