Course Outline

COURSE: ATH 48
DIVISION: 40
ALSO LISTED AS: KIN 46 PE 46

TERM EFFECTIVE: Spring 2018
CURRICULUM APPROVAL DATE: 03/27/2017

SHORT TITLE: AGILITY/STRENGTH DEVELOPMENT

LONG TITLE: Agility and Strength Development

<table>
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<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>Lecture:</td>
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<td></td>
<td></td>
<td>Lab:</td>
<td>1.5 OR 3</td>
<td>27 OR 54</td>
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<td>Other:</td>
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<tr>
<td></td>
<td></td>
<td>Total:</td>
<td>1.5 OR 3</td>
<td>27 OR 54</td>
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COURSE DESCRIPTION:

This conditioning class is designed to improve and increase agility and strength development of the student-athlete through various exercises and exercise programs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade
P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
Maximum of 3 times

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Demonstrate proper safety techniques and rules for weight training and conditioning.
Measure of assessment: demonstration
Year assessed, or planned year of assessment: 2016
Semester: Spring
2. Increase their agility and improve their muscular strength.
Measure of assessment: demonstration, pre and post tests
Year assessed, or planned year of assessment: 2016
Semester: Spring

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS
Curriculum Approval Date: 03/27/2017

6 - 12 Hours
Content: Introduction and discussion of course syllabus and grading procedures. Course expectations will also be discussed. Equipment safety, conditioning drills, and stretching exercises will be introduced. A 12 week workout will be distributed. Agility and speed drills will be introduced and emphasized. A handout containing a variety of drills for speed, agility, and jump rope routines will be provided and discussed. Student Performance Objectives: Demonstrate proper safety in the weight room. Perform a variety of stretching exercises. Demonstrate and practice correct techniques for weight lifting. Participate in a variety of speed and agility drills.

6 - 12 Hours
Content: Pre-testing. A variety of drills for speed and agility will be introduced and utilized. Speed drills may include starts and sprints while agility drills may include cone and line drills. Introduce the use of both plyometric and resistance drills. Introduce various strength and explosive lifts. Student Performance Objectives: Increase the number of speed and agility drills performed. Increase the range the number of sets and reps for their strength training. Participate in pre-testing and in a variety of workouts.

9 - 18 Hours
Content: Continue working on the agility and speed drills introduced earlier. Work on the four core lifts: bench, squat, power clean, and dead lift. Student Performance Objectives: Increase the number of speed and agility drills performed. Increase the sets and reps for both their strength and explosive lifts.

4.5 - 9 Hours
Content: Continue working on lifts introduced to date. Introduce speed and agility drills that emphasize change of direction. Post-testing. For speed and agility, this may be the 40 yard dash and the 20 yard shuttle run. For strength training, this may be the four core lifts: Bench, Squat, Power Clean, and Dead Lift. Student Performance Objectives: Demonstrate a variety of drills that emphasize change of direction. Participate in post-testing.

2 Hours

METHODS OF INSTRUCTION:
demonstration, guided practice, discussion

METHODS OF EVALUATION:
Skill demonstrations
Percent of total grade: 50.00 %
Percent range of total grade: 40 % to 60 % Demonstration
Objective examinations
Percent of total grade: 0.00 %
Percent range of total grade: 0 % to 10 % Completion
Other methods of evaluation
Percent of total grade: 50.00 %
Percent range of total grade: 40 % to 60 % Requires student participation.
OUT OF CLASS ASSIGNMENTS:
Required Outside Hours:
Assignment Description: As this is an activity course no out of class assignments are required.

REPRESENTATIVE TEXTBOOKS:
No textbook required.

ARTICULATION and CERTIFICATE INFORMATION
Associate Degree:
   GAV E1, effective 201570

CSU GE:
   CSU E, effective 201570
   CSU E1, effective 201370

IGETC:

CSU TRANSFER:
   Transferable CSU, effective 201570

UC TRANSFER:
   Transferable UC, effective 201570

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: Y
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: ATH
CSU Crosswalk Course Number: 48
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours: 1
Minimum Hours: .5
Course Control Number: CCC000533437
Sports/Physical Education Course: Y
Taxonomy of Program: 083550

4/11/2017