Course Outline

COURSE: ATH 75  DIVISION: 40  ALSO LISTED AS: KIN 75  PE 75

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

SHORT TITLE: SPORTS CONDITIONING

LONG TITLE: Sports Conditioning

<table>
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<tr>
<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>.5 OR 1</td>
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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></td>
<td></td>
<td>Total:</td>
<td>1.5 OR 3</td>
<td>27 OR 54</td>
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COURSE DESCRIPTION:

This activity class is designed to improve the physical condition of our male and female student-athletes. It includes strength training, cardiovascular endurance, plyometric training, and sport specific techniques through an open lab format. 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 a variety of cardiovascular conditioning exercises, including agility drills.
   Measure of assessment: demonstration, workout chart
   Year assessed, or planned year of assessment: 2016
Semester: Spring

2. Demonstrate 5 upper body and 5 lower body strength training exercises specific to their sport; including plyometrics, the use of the medicine ball, and the kettle bell.

Measure of assessment: pre and post testing, workout chart, demonstration

Year assessed, or planned year of assessment: 2016

Semester: Spring

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 03/27/2017

1.5 - 3 Hours

Content: Introduction to class. Information on the course syllabus will be presented. Begin muscular strength pre-test and the assessing of each individual's overall fitness level.

Student Performance Objectives: Participate in fitness assessments.

4.5 - 9 Hours

CONTENT: Continue pre-test and fitness assessments. Programs specific to each individual, based on pre-test information, will be developed. Students will work on performing their individual muscular strength training routine. This would include such lifts as: bench press, squats, tri and bicep exercises, and power lifts such as snatch and clean raises.

Student Performance Objectives: Demonstrate the weight lifting exercises listed on their individualized chart. Utilize proper lifting and safety techniques.

6 - 12 Hours

Content: Begin conditioning drills specific to each sport. Examples would be: football - squats, alternate dumb bell bench, and push jerk; volleyball - tactical lunge, overhead squat, and bench or incline barbell press; basketball - squat jumps and step ups; and softball/baseball - lateral jumps (hop overs), one legged squats and wrist curls. Cardiovascular conditioning routines will be included. Drills such as T, zig zag, and star will be introduced.

Student Performance Objectives: Demonstrate at least three conditioning drills specific to their sport.

3 - 6 Hours

Content: Continue working on sport specific muscular strength and cardiovascular exercises. Introduce lower body plyometric exercises such as: squat jumps, box jumps, quick hop over cone, and knee tucks. Incorporate some agility drills into workouts.

Student Performance Objectives: Demonstrate a variety of plyometric and agility exercises.

3 - 6 Hours

Content: Students will continue to perform their individualized workout routine. Upper body plyometric exercises will be added. Examples would be: cross over the box, depth push-up, and "RAM" push-up. Continue to work on a variety of agility drills specific to the sport the student is competing in.

Student Performance Objectives: Perform at least two upper body and two lower body plyometric exercises.

3 - 6 Hours

Content: Continue exercise program, including plyometrics. Incorporate the use of the medicine ball in the workout routine. This would include: seated and standing chest pass and soccer throw. Introduce the use of the kettle bell.

Student Performance Objectives: Participate in conditioning exercises utilizing the medicine ball and/or the kettle bell.

3 - 6 Hours

Content: Continue conditioning program. Increase intensity and/or duration of exercises.

Student Performance Objectives: Participate in class workouts. Demonstrate the use of the medicine ball and/or kettle bell. Utilize plyometric exercises.

1.5 - 3 Hours

Content: Post-test for muscular strength. Evaluation of overall improvement.

Student Performance Objectives: Participate in post-testing.

2 Hours
METHODS OF INSTRUCTION:
Demonstration, guided practice, stations.

METHODS OF EVALUATION:
Methods Of Evaluation
Skill demonstrations
Percent of total grade: 40.00 %
Percent range of total grade: 30 % to 50 % Demonstration
Other methods of evaluation
Percent of total grade: 60.00 %
Percent range of total grade: 50 % to 70 % Class/student participation required.

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: 75
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N

4/11/2017
Occupational Course: E
Maximum Hours: 1
Minimum Hours: .5
Course Control Number: CCC000533490
Sports/Physical Education Course: Y
Taxonomy of Program: 083550