

Course Outline

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

TERM EFFECTIVE: Summer 2020 **CURRICULUM APPROVAL DATE:** 05/12/2020

SHORT TITLE: SPORTS CONDITIONING

LONG TITLE: Sports Conditioning

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

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

04A - Laboratory - LEH 0.65

05 - Hybrid

73 - Dist. Ed Internet Delayed LAB

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: 05/12/2020

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

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000533490

Sports/Physical Education Course: Y

Taxonomy of Program: 083550