

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**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. This course is now listed as Kinesiology 75, effective Fall 2011.

**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. The student will perform at least two upper body and two lower body plyometric and/or agility exercises as a part of their workout program.  
 Measure: workout chart, demonstration

ILO: 7, 6  
GE-LO: E1

2. The student will incorporate the use of the medicine ball and/or kettle bell as a part of their fitness program.

Measure: workout chart, demonstration

ILO: 7, 6, 4  
GE-LO: E1

3. The student will demonstrate a variety of cardiovascular conditioning exercises.

Measure: performance based

ILO: 6, 7  
GE-LO: E1

4. The student will demonstrate 5 upper body and 5 lower body strength training exercises specific to their sport.

Measure: pre and post testing

ILO: 7, 6, 2  
GE-LO: E1

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 75, effective Fall 2011.

Curriculum Approval Date: 09/27/2010

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 (SPO): Students will participate in fitness assessments.

OUT-OF-CLASS ASSIGNMENTS:

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.

SPO: Students will demonstrate the weight lifting exercises listed on their individualized chart. They will utilize proper lifting and safety techniques.

OUT-OF-CLASS ASSIGNMENTS:

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.

SPO: Students will demonstrate at least three conditioning drills specific to their sport.

OUT-OF-CLASS ASSIGNMENTS:

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.

SPO: Students will demonstrate a variety of plyometric and agility exercises.

OUT-OF-CLASS ASSIGNMENTS:

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.

SPO: The students will perform at least two upper body and two lower body plyometric exercises.

OUT-OF-CLASS ASSIGNMENTS:

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.

SPO: Students will participate in conditioning exercises utilizing the medicine ball and/or the kettle bell.

OUT-OF-CLASS ASSIGNMENTS:

3 - 6 Hours

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

SPO: Students will participate in class workouts. They will demonstrate the use of the medicine ball and/or kettle bell. Plyometric exercises will be utilized.

OUT-OF-CLASS ASSIGNMENTS:

1.5 - 3 Hours

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

SPO: Students will participate in post-testing.

OUT-OF-CLASS ASSIGNMENTS:

2 Hours

Final

NOTE: Students who repeat the class will be able to perform additional exercises designed to improve their muscular strength and cardiovascular fitness. They will also be able to increase the number of sets and/or repetitions for each exercise. Additional sport specific exercises will be introduced.

**METHODS OF INSTRUCTION:**

Demonstration, guided practice

**METHODS OF EVALUATION:**

CATEGORY 1 - The types of writing assignments required:

Percent range of total grade: 0 % to %

If this is a degree applicable course, but substantial writing assignments are not appropriate, indicate reason:

Course primarily involves skill demonstration or problem solving

CATEGORY 2 -The problem-solving assignments required:

Percent range of total grade: 0 % to %

CATEGORY 3 -The types of skill demonstrations required:

Percent range of total grade: 30 % to 50 %

Performance Exams

CATEGORY 4 - The types of objective examinations used in the course:

Percent range of total grade: 0 % to %

CATEGORY 5 - Any other methods of evaluation:

Percent range of total grade: 50 % to 70 %

Class participation required.

#### **REPRESENTATIVE TEXTBOOKS:**

#### **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 200650

CSU GE:

CSU E1, effective 200650

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200650

UC TRANSFER:

Transferable UC, effective 200650

#### **SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

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:  
Minimum Hours:  
Course Control Number: CCC000435866  
Sports/Physical Education Course: Y  
Taxonomy of Program: 083500