

ATHL 0199 - INTERCOLLEGIATE SPORTS CONDITIONING

Catalog Description

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced sport specific skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Description: Instruction in sport-specific strength and conditioning protocols related to improving muscular strength, power, agility, and speed. Principles of sport-specific technical and tactical methodology presented. May be taken four times for credit. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Explain sport-specific safety procedures for injury prevention.
- CSLO #2: Identify the components of sport-specific resistance training.
- CSLO #3: Demonstrate techniques in cardio-pulmonary conditioning, speed and agility.
- CSLO #4: Evaluate safety procedures when handling training equipment.

Effective Term

Summer 2020

Course Type

Credit - Degree-applicable

Contact Hours

29-145

Outside of Class Hours

0

Total Student Learning Hours

29-145

Course Objectives

1. Translate appropriate safety procedures in sport-specific training activities.
2. Analyze the components of sport-specific resistance training, cardio-pulmonary conditioning, power, speed, agility and injury prevention.
3. Successfully demonstrate select sport-specific development of strength, power cardio-pulmonary conditioning, speed, agility and injury prevention protocols.
4. Design a sport-specific workout.
5. Distinguish how to select and transition, both to and from, different exercises/sports to meet overall fitness objectives;
6. Chart individual target heart rate zones as well as muscle specificity as it applies to cross-training;

7. Identify and demonstrate the various aerobic exercises available when cross-training;
8. Conduct the Cooper's run for pre- and post-test evaluation.
9. Examine scouting reports weekly.
10. Create and analyze game day scorekeeping techniques.
11. Upon repetition, incorporate new trends in the sport.

General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Reports
 - Example: Students will design a sport-specific workout. Rubric Graded.
- Skill Demonstrations
 - Example: Students will complete Cooper's Run. Rubric Graded.

Repeatable

Yes

Methods of Instruction

- Laboratory
- Distance Learning

Lab:

1. Instructor will facilitate a class discussion on the various aspects of the main sport-specific training strategies, with in-class practical application of students working in small groups on workout scenarios. (Objective 1)
2. Through instructor facilitated lecture and directed study, students will analyze, compare, contrast and write 10 offensive and 10 defensive drills for intercollegiate players. (Objective 4)
3. Instructor will facilitate small group discussions in which students will summarize specific reading assignments and develop offensive charting strategies to be shared with the class. (Objective 6)
4. Instructor will model, and then divide students into small groups to create, write and present five sport specific exercises. (Objective 4)

Distance Learning

1. The instructor will lecture on how to design a sport-specific workout program. The students will design and personal sport workout program. (objective 4)

Typical Out of Class Assignments Reading Assignments

1. Read assigned pages from the textbook on explosive movements and be prepared to discuss in class.
2. Read current article regarding circuit training techniques, and be prepared to discuss the findings in class.

Writing, Problem Solving or Performance

1. Design a sport-specific training program including speed, agility, strength and cardio-pulmonary exercises. 2. Students will write a report on the benefits of target heartrate training.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Training for Speed, Agility and quickness
 - Author: Lee E. Brown; Vance A. Ferrigno
 - Publisher: Human Kinetics
 - Publication Date: 2016
 - Text Edition: 5th
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.