

ATHL A109: SPORTS CONDITIONING

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083550 - Intercollegiate Athletics
Units	.5-2.5 Total Units
Hours	18-90 Total Hours (Lecture Hours 4.5-27; Lab Hours 13.5-63)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)
Associate Arts Local General Education (GE)	Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	CSU E2 Activity Course (E2)

Course Description

This course is designed to develop fundamental skills and techniques specifically for athletic competition. Workouts and drills are held on athletic fields and in the fitness facilities. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for effective athletic competition.
2. Self-analyze errors in fitness levels, athletic skills and competitive strategies and tactics, and identify methods of adjustment to enhance athletic performance.

Course Objectives

- 1. Identify all aspects of physical fitness.
- 2. Evaluate his/her own level of fitness.
- 3. Compare different fitness tests and evaluate which are appropriate for individual use.
- 4. Develop increased physical fitness.
- 5. Demonstrate improved athletic skills.
- 6. Develop dietary knowledge.
- 7. Demonstrate improved flexibility

Lecture Content

Introduction Orientation How to start a conditioning program
Components of a total fitness program: Weight training Agility
Cardiovascular activities Tour of Fitness Facilities and Exercise Science

Lab Testing for Health and Fitness Strength Tests: dynamometer, sit-ups, etc. Body Fat Composition: skinfold calipers Agility Tests: Shuttle runs, etc. Cardiovascular Tests: 1/2 mile run Diet and Nutrition as Related to Athletic Performance Calorie intake and expenditure Types of Foods: protein, carbohydrates, fats Balanced Diet: food pyramid When and What to Eat Water and Fluid Intake Pre-tests to Assess Fitness Levels Injury Prevention Practice of individual skills and techniques required for the appropriate sport or fitness activity. Perform activities to enhance strength, agility, flexibility, and cardiovascular fitness: Weight training Speed drills Stretching programs Aerobic activities Post Tests Fitness - strength, agility, flexibility, aerobic capacity Skills and techniques of a specific sport activity Evaluation of progress made through class activities Plans for increased skill and fitness levels to be performed to raise performance to a higher level.

Lab Content

Conditioning for Specific Sport's Activities - Team Sports: Individual Sports: Football Swimming Basketball Tennis Volleyball Golf Baseball/ Softball Cross Country Soccer Track Field Water Polo Crew Cheerleading

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture; application of ideas; skill demonstration; discussion; video lecture; group exercise

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Performance of pre- and post-tests; skills notebook; weight training diary; written final exam

Out-of-class Assignments

Additional conditioning activity per sport requirements Students will spend approximately 5-10 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Class participation; pre- and post tests of specific athletic skills, strength, agility, cardiovascular, flexibility; written test on basic dietary knowledge; notebook on progress in fitness and skills enhancement

Required Writing, Problem Solving, Skills Demonstration

Class participation; pre- and post tests of specific athletic skills, strength, agility, cardiovascular, flexibility; written test on basic dietary knowledge; notebook on progress in fitness and skills enhancement

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Instructor handouts