

# ATHL G203: SPORTS CONDITIONING

| Item                                                                   | Value                                 |
|------------------------------------------------------------------------|---------------------------------------|
| Curriculum Committee Approval Date                                     | 11/05/2024                            |
| Top Code                                                               | 083550 - Intercollegiate Athletics    |
| Units                                                                  | .5-3 Total Units                      |
| Hours                                                                  | 27-162 Total Hours (Lab Hours 27-162) |
| 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)                   |
| 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 for athletic competition. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Demonstrate improved athletic skills with a higher level of muscular power and endurance.
3. Demonstrate proper training exercises for developing flexibility, mobility, and range of motion.
4. Exhibit increased physical strength, endurance, cardiovascular output, speed, and mobility.

## Course Objectives

- 1. Demonstrate sport specific techniques and compare exercises for developing muscular strength.
- 2. Demonstrate exercises for developing muscular power.
- 3. Perform exercises for developing muscular endurance.
- 4. Demonstrate sport specific techniques and compare exercises for developing cardiovascular endurance.
- 5. Learn techniques and demonstrate improved flexibility.
- 6. Improve body mechanics and fundamental skills to become more competitive in game performance.
- 7. Develop strategies and activities for successful adjustment of out of season and competitive season training.
- 8. Explain and apply rules for various governing bodies for student's intercollegiate sport.

## Lecture Content

### Lab Content

Physical Training Weight Training Circuit Training for Strength and Cardiovascular (Cardio) Isotonic Training for Strength Isometric Training for Strength Sport-specific Training for Strength Cross Training for Strength and Speed Cardiovascular Training Circuit Training for Strength and Cardio Endurance Training Interval Training Periodization Training Sequencing for in-season and out-of-season activities Speed Training Sprint Training Plyometric Training Cross Training for Strength and Speed Strategy and Tactics Surge and pace running Competition Mental Preparation Establishing a competition plan Concentration during competition Development Develop a personal commitment to athletic excellence. Develop the mental skills necessary to compete at the intercollegiate athletics level. Develop and improve skills related to track. Participate and compete successfully as a member of a team in the athletic experience. Treatment and care of injuries

## Method(s) of Instruction

- Lab (04)

## Instructional Techniques

Video analysis, modeling, skills demonstration, and skills analysis, game scenario lessons.

## Reading Assignments

Reading rules and regulations for 3C2A, NCAA, and sport specific rule books.

## Writing Assignments

Development of Individualized Strength and Conditioning plans. Planning and mapping strategies for success in season performances.

## Out-of-class Assignments

## Demonstration of Critical Thinking

Comparison of student ability, video analysis, analysis of statistics.

## Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of athletic skills. Demonstration of offensive and defensive strategies.

## Eligible Disciplines

Coaching: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. 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.

## Manuals Resources

1. National Colligate Athletic Association.. NCAA Transfer Guide, NCAA , 07-01-2024