COURSE OUTLINE OF RECORD

Number: PE G210    TITLE: Intercollegiate Sports Off Season Training

ORIGINATOR: Leilani Johnson    EFF TERM: Spring 2014
FORMERLY KNOWN AS:     DATE OF
OUTLINE/REVIEW: 10-15-2013
CROSS LISTED COURSE:     TOP NO: 0835.50
CID:

SEMESTER UNITS: 0.5 – 2.0
HRS LEC: 0.0    HRS LAB: 27.0 – 108.0    HRS OTHER: 0.0
CONTACT HRS TOTAL: 27.0 - 108.0
STUDY NON-CONTACT HRS RECOMMENDED: 0.0 - 0.0

CATALOG DESCRIPTION:
This course gives students an opportunity to train for intercollegiate athletics.

JUSTIFICATION FOR COURSE:
To align with the California Community College Athletic Association (CCCAA) constitution and bylaws.

PREREQUISITES:

COREQUISITES:

ADVISORIES:

ASSIGNED DISCIPLINES:
Coaching

MATERIAL FEE: Yes [ ] No [X] Amount: $0.00
CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]
GRADING POLICY: Pass/No Pass [ ] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]
OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]
TRANSFER STATUS: CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]
BASIC SKILLS STATUS: Yes [ ] No [X]     LEVELS BELOW TRANSFER: Not Applicable
CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable
NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course

OCCUPATIONAL (SAM) CODE:

REPEATABLE ACCORDING TO STATE GUIDELINES: No [ ] Yes [X] NUMBER REPEATS: 3
REQUIRED FOR DEGREE OR CERTIFICATE: No [X] Yes [ ]

GE AND TRANSFER REQUIREMENTS MET:
CSU Transfer Course
A. Transfers to CSU

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. Analyze and apply tactics, strategies and skills necessary for specific positions’ success at a competitive, intercollegiate level.

2. Evaluate individual and team strength and weaknesses and apply results to preparation and game day situations.
3. Explain and apply rules for various governing bodies for student's intercollegiate sport.

4. Exhibit increased physical strength, endurance, cardiovascular output, speed, and mobility.

**COURSE OBJECTIVES:**

1. Exhibit increased physical strength, endurance, cardiovascular output, speed, and mobility.
2. Demonstrate increased mastery of advanced athletic skills.
3. Analyze and apply tactics, strategies and skills necessary for specific positions' success at a competitive, intercollegiate level.
4. Analyze and apply tactics, strategies and skills necessary for team-wide success at an intercollegiate level.
5. Diagram and apply concepts of offensive and/or defensive strategies during competition, adjusting as dictated by situational data or opponents' decisions.
6. Evaluate strength and weaknesses of self, team and opponents, and apply results to preparation and game day situations.
7. Explain and apply rules for various governing bodies for student's intercollegiate sport.

**COURSE CONTENT:**

**LECTURE CONTENT:**

**LABORATORY CONTENT:**

1. Physical Training
   1. Weight Training
      1. Circuit Training for Strength and Cardiovascular (Cardio)
      2. Isotonic Training for Strength
      3. Isometric Training for Strength
      4. Sport-specific Training for Strength
      5. Cross Training for Strength and Speed
   2. Cardiovascular Training
      1. Circuit Training for Strength and Cardio
      2. Endurance Training
      3. Interval Training
      4. Periodization Training
      5. Sequencing for in-season and out-of-season activities
      6. Speed Training
   3. Sprint Training
      1. Plyometric Training
      2. Cross Training for Strength and Speed
   4. Individual and Team Skills Training
      1. Defense
         1. Individual positioning and spatial relationships instruction and drills
      2. Individual responsibilities and specialty groups instruction and drills
      3. Position-specific instruction instruction drills on skills and techniques
      4. Sport-specific individual and team instruction and drills on skills and techniques
      5. Sport-specific instruction and drills on court/field awareness
      6. Personnel management, special teams and substitution patterns
      7. Analysis of team performance
      2. Offense
         1. Individual positioning and spatial relationships instruction and drills
         2. Individual responsibilities and specialty groups instruction and drills
         3. Position-specific instruction instruction drills on skills and techniques
         4. Sport-specific instruction and drills on skills and techniques
         5. Sport-specific instruction and drills on court/field awareness
         6. Personnel management, special teams and substitution patterns
         7. Analysis of team performance
      3. Opponent Assessment
         1. Position-specific instruction on skills assessments
         2. Film/video assessment techniques
         3. Live scouting assessment techniques
         4. Situational assessments in special circumstances
         5. Offensive and Defensive Structures
1. Team Philosophy
   1. Modern concepts and traditional methods
   2. Risk/Reward
   3. Play-calling
   4. Substitutions and personnel management
   5. Time/clock management

2. Player Personnel
   1. Fitting to current personnel
   2. Recruiting new personnel
   3. Injury management
   4. Seasonal adjustments
   5. In-game adjustments

3. Coaching Personnel
   1. Fitting to current personnel
   2. Recruiting new personnel
   3. Practice structure
   4. Instructional assignments

4. Strategies and Tactics
   1. Sport specific strategies and tactics
   2. The role of the individual in a team
   3. Analyzing the opponent
   4. Analyzing individual strengths and weaknesses
   5. Analyzing team strengths and weaknesses
   6. Planning and implementing program for improvement

5. Rules and Regulations:
   1. In-Season Competition
      1. Sport-specific instruction on National Collegiate Athletic Association (NCAA) playing rules
      2. Sport-specific instruction on COA modifications of playing rules
      3. Situation-specific instruction on applicable rules
      4. Managing and communicating with officials
   2. Out-of-Season Competition
      1. COA Bylaws
      2. NCAA Bylaws
      3. NAIA Bylaws
      4. NGB sport-specific bylaws
      5. Local College Standards
         1. Travel
         2. Uniforms
         3. Expenses
         4. Coaching staff
         5. Decorum

METHODS OF INSTRUCTION:

A. Lab:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Reading Assignments

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

Out-of-class Assignments

N/A

Writing Assignments

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

METHODS OF STUDENT EVALUATION:

Problem Solving Exercises
Oral Presentations
Skills Demonstration
Demonstration of Critical Thinking:

A. Competition analysis that demonstrates student's ability to evaluate performance, strategies, and tactics; including strengths and weaknesses of student, team, and opponents and to suggest improvements.

B. Diagrams of game strategies that demonstrate the student's ability to evaluate and apply concepts of offensive and/or defensive strategies in preparation for and during competition.

Required Writing, Problem Solving, Skills Demonstration:

A. Quantifiable measurements (maximum poundage lifted, time in distance and speed running, body composition, and flexibility) that demonstrate student's improvement in physical strength, endurance, speed and mobility.

B. Instructor assessment of students' improvement in physical strength, endurance, speed and mobility as applied in drills, skills, techniques and competition.

C. Drills and practice competition that demonstrates student's increased mastery of athletic skills at the intercollegiate level.

TEXTS, READINGS, AND RESOURCES:

Manuals:


LIBRARY:

Adequate library resources include:

Comments:

Attachments:

Attached Files