COURSE OUTLINE OF RECORD

Number: PE G203  
TITLE: Sports Conditioning

ORIGINATOR: Leilani Johnson  
EFF TERM: Winter 2016
FORMERLY KNOWN AS: Sports Conditioning, Volleyball
DATE OF OUTLINE/REVIEW: 11-03-2015
CROSS LISTED COURSE:
TOP NO: 0835.00
CID:

SEMESTER UNITS: 0.5
HRS LEC: 4.5  
HRS LAB: 13.5  
HRS OTHER: 0.0
CONTACT HRS TOTAL: 18.0
STUDY NON-CONTACT HRS RECOMMENDED: 9.0

CATALOG DESCRIPTION:
This course is designed to develop fundamental skills and techniques for athletic competition.

JUSTIFICATION FOR COURSE:

PREREQUISITES:
COREQUISITES:
ADVISORIES:
ASSIGNED DISCIPLINES:  
Physical education
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: E
REPEATABLE ACCORDING TO STATE GUIDELINES: No [ ] Yes [X] NUMBER REPEATS: 3
REQUIRED FOR DEGREE OR CERTIFICATE: No [X] Yes [ ]

GE AND TRANSFER REQUIREMENTS MET:

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

1. exhibit increased physical strength, endurance, cardiovascular output, speed, and mobility.
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.

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.

**COURSE CONTENT:**

**LECTURE CONTENT:**

I. Physical Training
   1. Weight Training
   2. Circuit Training for Strength and Cardiovascular (Cardio)
   3. Isotonic Training for Strength
   4. Isometric Training for Strength
      a. Sport-specific Training for Strength
      b. Cross Training for Strength and Speed

II. 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

III. Sprint Training
   1. Plyometric Training
   2. Cross Training for Strength and Speed

**LABORATORY CONTENT:**

1. Techniques of muscle strength development including assessment and program design.
2. Techniques of muscle power development including assessment and program design.
3. Techniques of muscle endurance development including assessment and program design.
4. Techniques of cardiovascular endurance development including assessment and program design.
5. Techniques of flexibility maintenance and development including assessment and program design.
6. Techniques for body mechanics and skills specific to the sport including assessment and practice to develop skills.
7. Strategies and seasonal considerations for the adjustment of training--pre-season, in season, post season, etc.
8. Techniques for injury prevention.
9. CCCA and NCAA rules and eligibility to compete in a game.
METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Tutoring – noncredit:
D. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

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

Out-of-class Assignments

Writing Assignments
Development of Individualized Strength and Conditioning plans. Planning and mapping strategizes for successful in season performances.

METHODS OF STUDENT EVALUATION:

Short Quizzes
Written Assignments
Report
Projects (ind/group)
Problem Solving Exercises
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