



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: ATH 48 **DIVISION:** 40 **ALSO LISTED AS:** KIN 46 & PE 46

TERM EFFECTIVE: Summer 2020 **CURRICULUM APPROVAL DATE:** 06/09/2020

SHORT TITLE: AGILITY/STRENGTH DEVELOPMENT

LONG TITLE: Agility and Strength Development

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54
		Total Learning Hrs:	27 OR 54	

COURSE DESCRIPTION:

This conditioning class is designed to improve and increase agility and strength development of the student-athlete through various exercises and exercise programs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: R - Course may be repeated

Maximum of 3 times

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB

STUDENT LEARNING OUTCOMES:

1. Demonstrate proper safety techniques and rules for weight training and conditioning.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2016

Semester: Spring

2. Increase their agility and improve their muscular strength.

Measure of assessment: demonstration, pre and post tests

Year assessed, or planned year of assessment: 2016

Semester: Spring

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 06/09/2020

6 - 12 Hours

Content: Introduction and discussion of course syllabus and grading procedures. Course expectations will also be discussed. Equipment safety, conditioning drills, and stretching exercises will be introduced. A 12 week workout will be distributed. Agility and speed drills will be introduced and emphasized. A handout containing a variety of drills for speed, agility, and jump rope routines will be provided and discussed.

Student Performance Objectives: Demonstrate proper safety in the weight room. Perform a variety of stretching exercises. Demonstrate and practice correct techniques for weight lifting. Participate in a variety of speed and agility drills.

6 - 12 Hours

Content: Pre-testing. A variety of drills for speed and agility will be introduced and utilized. Speed drills may include starts and sprints while agility drills may include cone and line drills. Introduce the use of both plyometric and resistance drills. Introduce various strength and explosive lifts.

Student Performance Objectives: Increase the number of speed and agility drills performed. Increase the range the number of sets and reps for their strength training. Participate in pre-testing and in a variety of workouts.

9 - 18 Hours

Content: Continue working on the agility and speed drills introduced earlier. Work on the four core lifts: bench, squat, power clean, and dead lift.

Student Performance Objectives: Increase the number of speed and agility drills performed. Increase the sets and reps for both their strength and explosive lifts.

4.5 - 9 Hours

Content: Continue working on lifts introduced to date. Introduce speed and agility drills that emphasize change of direction. Post-testing. For speed and agility, this may be the 40 yard dash and the 20 yard shuttle run. For strength training, this may be the four core lifts: Bench, Squat, Power Clean, and Dead Lift.

Student Performance Objectives: Demonstrate a variety of drills that emphasize change of direction. Participate in post-testing.

2 Hours

METHODS OF INSTRUCTION:

demonstration, guided practice, discussion

METHODS OF EVALUATION:

Skill demonstrations

Percent of total grade: 50.00 %

Percent range of total grade: 40 % to 60 % Demonstration

Objective examinations

Percent of total grade: 0.00 %

Percent range of total grade: 0 % to 10 % Completion

Other methods of evaluation

Percent of total grade: 50.00 %

Percent range of total grade: 40 % to 60 % Requires student participation.

REPRESENTATIVE TEXTBOOKS:

No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: ATH

CSU Crosswalk Course Number: 48

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000533437

Sports/Physical Education Course: Y

Taxonomy of Program: 083550