



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: ATH 75 **DIVISION:** 40 **ALSO LISTED AS:** KIN 75 & PE 75

TERM EFFECTIVE: Fall 2022 **CURRICULUM APPROVAL DATE:** 12/13/2022

SHORT TITLE: SPORTS CONDITIONING

LONG TITLE: Sports Conditioning

<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 activity class is designed to improve the physical condition of our male and female student-athletes. It includes strength training, cardiovascular endurance, plyometric training, and sport specific techniques through an open lab format. 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
- 73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate a variety of cardiovascular conditioning exercises, including agility drills.
2. Demonstrate 5 upper body and 5 lower body strength training exercises specific to their sport; including Plyometrics, the use of the medicine/exercise ball, and the kettle bell.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Utilize proper lifting and safety techniques.
2. Demonstrate at least two upper body and two lower body plyometric exercises.
3. Demonstrate the weight lifting exercises that are listed on their individualized chart.
4. Participate in conditioning exercises utilizing the medicine/exercise ball and/or the kettle bell.

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

Curriculum Approval Date: 12/13/2022

1.5 - 3 Hours

Content: Introduction to class. Information on the course syllabus will be presented. Begin muscular strength pre-test and the assessing of each individual's overall fitness level.

4.5 - 9 Hours

CONTENT: Continue pre-test and fitness assessments. Programs specific to each individual, based on pre-test information, will be developed. Students will work on performing their individual muscular strength training routine. This would include such lifts as: bench press, squats, tri and bicep exercises, and power lifts such as snatch and clean raises.

6 - 12 Hours

Content: Begin conditioning drills specific to each sport. Examples would be: football - squats, alternate dumb bell bench, and push jerk; volleyball - tactical lunge, overhead squat, and bench or incline barbell press; basketball - squat jumps and step ups; and softball/baseball - lateral jumps (hop overs), one legged squats and wrist curls. Cardiovascular conditioning routines will be included. Drills such as T, zig zag, and star will be introduced.

3 - 6 Hours

Content: Continue working on sport specific muscular strength and cardiovascular exercises. Introduce lower body plyometric exercises such as: squat jumps, box jumps, quick hop over cone, and knee tucks. Incorporate some agility drills into workouts.

3 - 6 Hours

Content: Students will continue to perform their individualized workout routine. Upper body plyometric exercises will be added. Examples would be: cross over the box, depth push-up, and "RAM" push-up. Continue to work on a variety of agility drills specific to the sport the student is competing in.

3 - 6 Hours

Content: Continue exercise program, including plyometrics. Incorporate the use of the medicine/exercise ball in the workout routine. This would include: seated and standing chest pass and soccer throw. Introduce the use of the kettle bell.

3 - 6 Hours

Content: Continue conditioning program. Increase the intensity and/or duration of exercises.

1 - 4 Hours

Content: Post-test for muscular strength. Evaluation of overall improvement.

2 Hours

Final

METHODS OF INSTRUCTION:

Demonstration, guided practice, stations.

METHODS OF EVALUATION:

Skill demonstrations

Evaluation Percent 40

Evaluation Description

Percent range of total grade: 30 % to 50 %

Demonstration

Other methods of evaluation

Evaluation Percent 60

Evaluation Description

Percent range of total grade: 50 % to 70 %

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:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000533490

Sports/Physical Education Course: Y

Taxonomy of Program: 083550