

CATALOG INFORMATION

Dept and Nbr: ATHL 1

Title: INTERCOLL PHYS FITNESS

Full Title: Intercollegiate Physical Fitness

Last Reviewed: 2/11/2019

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	0	1	Lab Scheduled	0
		Contact DHR	2.00		Contact DHR	35.00
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 17.50

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: ATHL 90

Catalog Description:
Sports specific cardiovascular, muscular, and flexibility training designed to enhance athletic performance.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Sports specific cardiovascular, muscular, and flexibility training designed to enhance athletic performance. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Demonstrate an increased level of physical preparedness for effective participation in intercollegiate athletics.

Objectives:

At the conclusion of this course, the student should be able to:

1. Cardiovascular endurance
2. Muscular endurance, strength, and power
3. Flexibility
4. Agility

Topics and Scope:

- I. Sport-Specific Warm-up and Cool Down
 - A. Cardiovascular warm-up
 - B. Flexibility exercises
- II. Sport-Specific Physical Training
 - A. Cardiovascular
 - B. Muscular endurance, strength, and power
 - C. Flexibility
 - D. Agility
 - E. Sport specific drills

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

1. Physical training and conditioning
2. Development and demonstration of related sports-specific skills
3. Analyze competition situations

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
20 - 60%

Exams: All forms of formal testing, other than skill performance exams.

None

Exams
0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and Participation

Other Category
40 - 80%

Representative Textbooks and Materials:

High Performance Sports Conditioning. Foran, Bill. Human Kinetics. 2001 (classic)
Instructor prepared materials