ATHL 3 Course Outline as of Fall 2019

CATALOG INFORMATION

Dept and Nbr: ATHL 3 Title: OFF-SEASON TRAINING

Full Title: Off-Season Training for Intercollegiate Athletics

Last Reviewed: 2/11/2019

Units		Course Hours per Week	N	br of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	0	2	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

Grade Only Grading:

34 - 4 Enrollments Total Repeatability:

Also Listed As:

Formerly:

Catalog Description:

Sport specific techniques, strategies and training designed for off-season intercollegiate athletes.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Sport specific techniques, strategies and training designed for off-season

intercollegiate athletes. (Grade Only)

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 2013 Inactive:

UC Transfer: Transferable Effective: Fall 2013 Inactive:

CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Student Learning Outcomes:

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

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

Objectives:

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

- 1. Demonstrate sport-specific techniques with proper body mechanics.
- 2. Analyze and formulate sport-specific strategies.
- 3. Perform sport-specific training exercises.

Topics and Scope:

- I. Sport-Specific Techniques
 - A. Footwork
 - B. Body positioning
 - C. Field or court awareness
 - D. Skill development
- II. Analyzing Sport-Specific Strategies
 - A. Offensive strategies
 - B. Defensive strategies
 - C. Individual strategies
- III. Formulating Sport-Specific Strategies
 - A. Offensive strategies
 - B. Defensive strategies
 - C. Individual strategies
- IV. Sport-Specific Training
 - A. Muscular endurance
 - B. Muscular strength
 - C. Agility
 - D. Skill development drills
 - E. Flexibility
 - F. Power

Assignment:

Students are expected to spend an additional one hour per week outside of class completing one or more of the following assignments.

- 1. Personal goals paper (1 page)
- 2. Weekly journal of workouts (1 per week)
- 3. Tactical demonstrations (5 per semester)
- 4. Formulating sport-specific strategies (1 per week)
- 5. Quizzes (4 per semester)
- 6. Midterm (multiple choice, true/false, short essay)
- 7. Final Exam (multiple choice, true/false, short essay)

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.

Personal goals, weekly journal

Writing 10 - 25%

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

Formulating strategies and analyzing opponents

Problem solving 10 - 25%

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

Tactical demonstrations

Skill Demonstrations 20 - 40%

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

Quizzes, Midterm, and Final Exam

Exams 30 - 50%

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

Participation and attendance

Other Category 10 - 20%

Representative Textbooks and Materials:

Instructor prepared materials

New Functional Training for Sports. 2nd ed. Boyle, Michael. Human Kinetics. 2016