

ATHL 3 Course Outline as of Spring 2015

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		Nbr 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

Grading: Grade Only

Repeatability: 34 - 4 Enrollments Total

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

Outcomes and Objectives:

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:

1. Sport-specific techniques
 - a. Footwork
 - b. Body positioning
 - c. Field or court awareness
 - d. Skill development
2. Analyzing sport-specific strategies
 - a. Offensive strategies
 - b. Defensive strategies
 - c. Individual strategies
3. Formulating sport-specific strategies
 - a. Offensive strategies
 - b. Defensive strategies
 - c. Individual strategies
4. Sport-specific training
 - a. Muscular endurance
 - b. Muscular strength
 - c. Agility
 - d. Skill development drills
 - e. Flexibility
 - f. Power

Assignment:

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 & 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

Functional Training for Sports, 1st Ed., Michael Boyle, Human Kinetics, 2003 (classic)