

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:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	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