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		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:

				Effective:	Inactive:
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