

CATALOG INFORMATION

Dept and Nbr: ATHL 90

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	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	1	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 34 - 4 Enrollments Total

Also Listed As:

Formerly: PE 11

Catalog Description:

Aerobic and anaerobic training combined with flexibility activities, designed to enhance sport performance, cardiovascular endurance and muscular strength.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: Aerobic and anaerobic training combined with flexibility activities, designed to enhance sport performance, cardiovascular endurance and muscular strength. (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:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

The student will:

1. Analyze and understand the effects of muscle toning strength through physical activity.
2. Understand the effects of physical activity and demonstrate conditioning exercises for developing cardiovascular endurance.
3. Develop the knowledge to implement a personalized workout program.
4. Understand and demonstrate biomechanical skills designed to enhance sport performance.

Topics and Scope:

- I. Stretching and flexibility exercises: warm-up and cool-down
 - a. Upper body
 - b. Lower body
 - c. Activity specific
- II. Biomechanical understanding and implementation to improve athletic performance
 - a. Footwork drills - sport specific
 - b. Sport-related physical fitness - balance, agility, reaction time, coordination, changing directions
 - c. Posture/alignment/balance
 - 1) Static and dynamic
- III. Physical activity designed for toning and stamina
 - a. Aerobic and anaerobic activities
 - b. Calisthenics
 - c. Sport specific drills
- IV. Basic kinesiology for understanding the development of muscle groups
 - a. Optimizing performance - energy efficiency
 - b. Self-analysis of movement patterns

Assignment:

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 - 40%

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

Multiple choice, True/false, Short answer

Exams
20 - 40%

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

ATTENDANCE

Other Category
40 - 60%

Representative Textbooks and Materials: