



*Course Title: ATHL 3	*Department: KAD
*Course Code: Section 1704	*Units: 1
*Days: Tuesday/Thursday	*Class Hours: 1:30-3:30
*Instructor: David Wellman	*Classroom: Bailey Field
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*Office Hours: Mon/Wed 11:00-1:00	*Office Phone: 527-4456

COURSE OUTLINE OF RECORD

ATHL 3 – Off Season Training for Intercollegiate Athletics

COURSE DESCRIPTION

ATHL 3: Sport specific techniques, strategies and training designed for off-season intercollegiate athletes. – This Course will focus on Track and Field Skills and Training.

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 in Track and Field.

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

Assignments

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 skill and/or require students to select, organize and explain ideas in writing.	Writing 10 - 25%
Personal goals, weekly journal	
Problem solving: Assessment tools, <i>other than exams</i> , that demonstrate competence in computational or non-computational problem solving skills.	Problem Solving 10 - 25%
Formulating strategies and analyzing opponents	
Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	Skill Demonstrations 20 - 40%
Tactical demonstrations	
Exams: All forms of formal testing, <i>other than skill performance exams</i> .	Exams 10 %
Quizzes, Midterm, and Final Exam	
Other: Includes any assessment tools that do not logically fit into the above categories.	Other Category 40-50%
Participation and attendance	

Grades

This is a 100-point class, your grade will be determined as follows:

A = 90+ Points
B = 80-89 Points
C = 70-79 Points
D = 60-69 Points
F = 59 and Below

Grades and Attendance will be posted via Canvas every week. If you have an issue with your grade, contact me early.

Representative Textbooks and Materials

Instructor prepared materials

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

Attendance and Late Policy

Class begins at 1:30. It is your responsibility to arrive on time ready to participate. If you are 5min late, you will lose points for the day.

Important Dates

Date Class Begins:	9/18/2023
FIRST CENSUS DATE:	not a census course
Date Class Ends:	2/8/2023
Last Day Drop for Refund:	9/26/2023
Last Day Add w/o add code:	9/21/2023
Last Day Drop w/o W:	10/4/2023
Last Day Add with add code:	10/4/2023
Last Day Drop with W:	11/15/2023
Date Midterm Roster:	10/26/2023 - 11/15/2023
Last Day for P/NP option:	NA
Date Final Exam:	To be Arranged
Date Final Grades Due:	12:00 AM on 12/30/2023