



\*Course Title: ATHL 1

\*Department: KAD

\*Course Code: Section 5618

\*Units: 1

\*Days: Monday/Wednesday/Friday

\*Class Hours: 1:30pm-3:30pm

\*Instructor: Corey Nelson

\*Classroom: Bailey Field

\*E-mail: cnelson2@santarosa.edu

\*Office: Bailey Field House

\*Office Hours: Mon/Wed/Fri 11:00am-1:00pm

\*Office Phone:

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### **COURSE OUTLINE OF RECORD**

#### **ATHL 1 - INTERCOLLEGIATE PHYSICAL FITNESS**

### **COURSE DESCRIPTION**

ATHL 1: Sports specific cardiovascular, muscular, and flexibility training designed to enhance athletic performance. This section is recommended for varsity track & field athletes.

### **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. Skill development

### II. 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.

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  
10 %

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

Participation and attendance

Other Category  
40-50%

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

## Important Dates

Date Class Begins:	1/06/25
Date Class Ends:	4/27/25
Last Day to Add Without Approval:	1/11/25
Last Day to Add With Approval:	1/27/25
Last Day to Drop with Refund:	1/16/25
Last Day to Drop Without "W"	1/27/25
Last day to Drop With "W"	4/2/25
Last Day to Opt For P/NP	4/27/25
Mid-Term Date:	TBA