

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**

### **Outcomes and Objectives:**

Upon completion of this course, students will be able to demonstrate sport-specific skills related to:

1. Cardiovascular endurance
2. Muscular endurance, strength, and power
3. Flexibility
4. Agility

### **Topics and Scope:**

1. Sport-specific warm-up and cool down
  - a. Cardiovascular warm-up
  - b. Flexibility exercises
2. 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  
Bill Foran, 2009  
Human Kinetics, Inc.