

**ATHL 1 Course Outline as of Fall 2019****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: |
|----------------------|--------------|------------|-----------|-----------|

|                     |              |            |           |           |
|---------------------|--------------|------------|-----------|-----------|
| <b>UC Transfer:</b> | Transferable | Effective: | Fall 1981 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Demonstrate an increased level of physical preparedness for effective participation in intercollegiate athletics.

### **Objectives:**

At the conclusion of this course, the student should be able to:

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

### **Topics and Scope:**

- I. Sport-Specific Warm-up and Cool Down
  - A. Cardiovascular warm-up
  - B. Flexibility exercises
- II. 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. Foran, Bill. Human Kinetics. 2001 (classic)  
Instructor prepared materials