

College of San Mateo

Course Outline

- New Course
 Update/No change
 Course Revision (Minor)
 Course Revision (Major)

Date: March 2, 2005

Department: Physical Education Number: Fitn __225__

Course Title: Athletic Conditioning Units: .5 - 2.0

Hours/Week: Lecture: Lab: 6 By Arrangement: 1

Length of Course

- Semester-long
 Short course (Number of weeks ____)
 Open entry/Open exit

Grading

- Letter
 Credit/No Credit
 Grade Option (letter or Credit/No Credit)

1. Prerequisite (Attach Enrollment Limitation Validation Form.)

none

2. Corequisite (Attach Enrollment Limitation Validation Form.)

none

3. Recommended Preparation (Attach Enrollment Validation Form.)

none

4. Catalog Description (Include prerequisites/corequisites/recommended preparation.)

Athletic Conditioning (.5 to 2.0) Athletic Conditioning prepares the student athlete for varsity-level competition through general and sport-specific strength and conditioning exercise. The student athlete will engage in general and sport specific strength development, stretching, aerobic conditioning, and sport-specific movement and speed development. May be taken four times for a maximum of 8 units. (CSU/UC*)

5. Class Schedule Description (Include prerequisites/corequisites/recommended preparation.)

Athletic Conditioning (.5 to 2.0) Athletic Conditioning prepares the student athlete for varsity-level competition through general and sport-specific strength and conditioning exercise. The student athlete will engage in general and sport specific strength development, stretching, aerobic conditioning, and sport-specific movement and speed development. May be taken four times for a maximum of 8 units. (CSU/UC*)

6. Course Outcomes (Identify 5-8 expected learner outcomes using active verbs.)

Upon completion of the course, the student will be able to:

1. Demonstrate greater strength by lifting more weight in selected general and sport specific weight conditioning exercises.

2. Demonstrate greater flexibility
3. Demonstrate the ability to jump further in the standing long jump and higher in the standing jump reach tests
4. Demonstrate the ability to run faster
5. Design a program of self-directed athletic training that incorporates the outcomes of this class
6. Demonstrate proper safety and training mechanics

7. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, you may attach a sample course syllabus with a timeline.)

See attached Course Content and Scope

8. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Include examples of out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills.)

1. Lecture and demonstration by instructor and advanced students on weight training safety (outcome 6).
2. Lecture and demonstration by instructor and advanced students on proper weight training mechanics (outcome 6).
3. Guided practice and positive reinforcement (outcomes 1,2,3,4,5, and 6)
4. Student demonstration of safe lifting techniques (outcome 6)
5. Student performance of weight training and conditioning activities (outcomes 1,2,3,4, and 5)

9. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

1. Evaluation is based on student improvement from pre-course and exit testing in selected weight lifts, 40 yard run, standing long jump and standing high jump and 1.5 mile run.
2. Attendance and attitude.
3. Quiz on basic training principles.
4. Evaluation of techniques demonstrated by the student.

10. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

There is no text for this activity course.
Jumping into Plyometrics, Don Chu, will be used as a resource.

Prepared by: _____
(Signature)

Email address:

Submission Date: _____