

ATHL A119: ATHLETIC TEAM TRAINING

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083550 - Intercollegiate Athletics
Units	.5-5 Total Units
Hours	18-180 Total Hours (Lecture Hours 4.5-45; Lab Hours 13.5-135)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 3
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Course designed for students who are interested in improving their skills for competitive athletic performance. This course may be taken four times. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed to improve skills in preparation for effective athletic performance.
2. Self-analyze errors in fitness levels, athletic skills and competitive strategies and tactics and identify methods of adjustment to enhance athletic performance.

Course Objectives

- 1. Develop cardiovascular and muscular conditioning.
- 2. Demonstrate the physical conditioning level needed for athletic competition.
- 3. Develop strength program to prepare the athlete to meet the strength demands of the sport.
- 4. Perform proper warm-up, flexibility, and stretching exercises.
- 5. Develop and improve physical and mental skills for intercollegiate athletic competition.
- 6. Analyze and explain successful athletic performance.
- 7. Demonstrate discipline and commitment to athletic excellence.

Lecture Content

I. IntroductionOrientation of athletes to sport conditioning with regards to weight training, flexibility, and agility II Nutrition and drugs as related to athletic performance and training III. Pre-test: strength, agility, and flexibilityInstruction in maintaining weight training diary IV. Sport fundamentals through lecture and demonstration Intense training in strength, agility, and flexibility for specific sport Taking the course four times enhances skills by supervised repetition and practice.

Lab Content

Faculty input required.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lectures; demonstration of techniques to improve strength, agility, flexibility; demonstration of techniques to improve necessary fundamentals; demonstration of techniques to improve performance and progress; group and individual exercises; instructor feedback

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

Weight training diary; written exam

Out-of-class Assignments

Students will spend approximately 5 - 10 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Demonstration of strength, agility, fitness, and flexibility; attendance; weight training diary; class analysis; written exam

Required Writing, Problem Solving, Skills Demonstration

Weight training diary; written exam

Eligible Disciplines

Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Other Resources

1. Library reference books and texts, films, video tapes
2. Journal articles
3. Performance and training appraisal worksheets
4. Current research