

ATHL A129: FITNESS FOR PERFORMANCE

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083550 - Intercollegiate Athletics
Units	.5-2.5 Total Units
Hours	18-90 Total Hours (Lecture Hours 4.5-27; Lab Hours 13.5-63)
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
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)

Course Description

Designed to enhance all components of physical fitness: muscular strength and endurance, cardio-respiratory endurance, flexibility, and reduce body fat while reducing the risk of injury by using a variety of fitness regimens in order to improve 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 fitness performance and participation in athletic competition.
2. Self-analyze errors in fitness levels, athletic skills and competitive strategies and tactics and identify methods of adjustment to enhance fitness and athletic performance.

Course Objectives

- 1. Improve flexibility
- 2. Improve cardio-respiratory endurance
- 3. Improve muscular strength and endurance
- 4. Improve agility and coordination
- 5. Reduce body fat
- 6. Increase lean muscle mass
- 7. Perform physical fitness tests and evaluate own fitness level
- 8. Design a personal fitness program
- 9. Analyze nutrition and performance

Lecture Content

Introduction - Orientation and safety Pretests: evaluation of fitness
Body fat percentage Flexibility Cardiovascular endurance Strength
Stretching and warm-up Basic principles of cardiovascular training Basic

principles and techniques of weight lifting Designing and recording workouts Abdominal work Variety of sit-ups combined with other exercises for abdominal strength Intermediate lifts Cardio-fitness Jogging Aerobics Step-aerobics Circuits njury prevention Nutrition for fitness and performance Cross-training workouts

Lab Content

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Demonstration; lectures; predetermined workouts; handouts.

Reading Assignments

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

Writing Assignments

Keeping workout records and journals; designing personal workout programs; written test.

Out-of-class Assignments

Keeping workout records and journals; designing personal workout programs; written test. Students will spend approximately 5 - 10 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Keeping workout records and journals; designing personal workout programs; written test.

Required Writing, Problem Solving, Skills Demonstration

Keeping workout records and journals; designing personal workout programs; written test.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Selected handout materials will be provided and distributed by the instructor.