

ATHL A238: CREW TEAM - WOMEN'S

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083550 - Intercollegiate Athletics
Units	3 Total Units
Hours	162 Total Hours (Lab Hours 162)
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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Eligibility auditions will be held during the first week of class. 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. Develop a training program in the off-season and use the skills learned throughout the year to demonstrate and communicate properly the break-down of the stroke to new rowers.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Develop a personal commitment to athletic excellence.
- 2. Develop and improve skills in fundamental rowing necessary for intercollegiate athletic competition.
- 3. Participate effectively as a member of a team in the athletic experience.
- 4. Analyze the physical and psychological aspects of athletic training.
- 5. Analyze strategy and control of racing.
- 6. Perform the sequence of the rowing stroke properly.

Lecture Content

Lab Content

I. Introduces basic rowing technique using dock machines and water training in rowing shells. A. Catch B. Drive C. Finish D. Recovery II. Conditioning A. Stretching

and cool down techniques B. Weight training C. Running D. Ergometer training – Gamut and Concept II ergometer training machines E. On water rowing – aerobic and anaerobic training F. Knowledge of rate and power III. Nutrition IV. Individual instructional and career planning V. Sport Psychology VI. Participation in Fall Head Races A. Learn race techniques and strategies 1. Development of “pre-race warm-up” row 2. Development and understanding of race plan and strategies for 2000 meter courses 3. Learn and fine tune fractional race starts 4. Learn to shift from anaerobic workload to aerobic, back to anaerobic workload 5. Developing race experience and mental toughness; pushing through barriers 6. Developing focus and mental strength to hold off or push past competitors II. Participation in Intercollegiate Competition III. Conditioning A. Weight training – increased load of resistance 1. Benchpull testing 2. Circuit training B. Cardiovascular training 1. Flat terrain and hill running 2. Steady state and sprint work on water

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Guest lectures, video lecture, video analysis, instructor feedback, field trips, competition critiques, self-evaluation during boat meetings following practice sessions.

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Proficiency demonstration of rowing stroke. Written description of rowing stroke. Maintenance of daily training and nutritional journals.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions. Students will spend approximately 5-10 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

Written tests, skill demonstrations, problem solving exercises, essays, journals. Successful daily performance sweep and sculling boats, video analysis, daily coaching, ergometer testing, and skill demonstrations.

Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of rowing stroke. Written description of rowing stroke. Maintenance of daily training and nutritional journals.

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. Kirschbaum, George. Down and Dirty Guide to Coxing. Los Angeles: Down and Dirty Guide, Inc, 2002. (latest) McNeely, Edward and Royle, Marlene. Skillful Rowing. New York: Meyer and Meyer Sport, 2002.

(latest) Nolte, Volker. Rowing Faster. Chicago: Human Kinetics Publisher, 2005. (latest)