

ATHL A252: CREW TEAM - MEN'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. Row in an eight-man shell with sufficient skill and endurance in order to compete effectively in intercollegiate crew.
2. Demonstrate commitment to excellence, fair play, and personal responsibility through participation in intercollegiate athletics.

Course Objectives

- 1. Refine skills in the fundamentals of rowing.
- 2. Measurably improve physical condition.
- 3. Execute absolute concentration.
- 4. Develop a life long understanding of nutrition.
- 5. Demonstrate improved skills to compete effectively in college rowing.
- 6. Improve race times.

Lecture Content

Lab Content

To improve and develop the students mental, physical, and technical strengths (skills) for success in the sport of rowing. 1.Emphasizes the basics of the stroke cyclea.Catchb.Drivec.Released.Recovery2.Develop skills by performing basic drills on dock machinesa.Sequence drillb.Uniformity drillc.Half slide pause drill3.Physical conditioninga.Ergo

meter (concept II) trainingb.Stadium stairs hill and distance runningc.Weight training (rowing specific)d.Anaerobic and aerobic rowinge.Plyometrics 4. Refined rowing skillsa.Proper use of body weightb.Slide controlc.Clean finishd.Direct catche.Suspension of body weight at catchf.Level work done through drive5. Video analysisa.National teamb.Selfc.Olympic and World Championshipsd.Dock machine and ergo meter instructional video6. Racing strategiesa.2000 meter sprints3 mile head racesb.3 mile head racesOn the water preparation for startd.Fractional slide startse.Race pace shiftsf.Race control; pushing through barriersg.Counter attacksh.Wind-up and finish7. High performance nutrition8. Developing conscious competence and mental toughnessa.Coachshandoutsb.Visiting National Team alumni members insightsc.High standard regatta competitiona.San Diego Crew Classicb.Western Intercollegiate Rowing Association Championshipsc.East Coast Athletic Conference; National Invitational Rowing Championships (Massachusetts) d.Henley Royal Regatta (Henley in Thames, England)

Method(s) of Instruction

- Lab (04)

Instructional Techniques

Lecture and demonstration, video analysis, daily coaching, contemporary rowing related handouts, individual and group discussions.

Reading Assignments

NCAA Rule Guide; Articles related to the sport; handouts on sport skills.

Writing Assignments

Sub-maximum ergo meter testing-viewing conditioning improvement, viewing chronological individuals video noting progress, work-out journals, and ergo meter logs.

Out-of-class Assignments

Continued practice of skills necessary for successful participation at the intercollegiate level of the sport; attendance at athletic competitions.

Demonstration of Critical Thinking

Successful daily performance in sweep and sculling boats, video analysis, ergo meter testing, and skill demonstrations-races.

Required Writing, Problem Solving, Skills Demonstration

Sub-maximum ergo meter testing-viewing conditioning improvement, viewing chronological individuals video noting progress, work-out journals, and ergo meter logs.

Other Resources

1. U.S. Rowing Magazine. current edition (revised annually)