

# ATHL G210: INTERCOLLEGIATE SPORTS OFF SEASON TRAINING

Item	Value
Curriculum Committee Approval Date	11/05/2024
Top Code	083550 - Intercollegiate Athletics
Units	.5-3 Total Units
Hours	27-162 Total Hours (Lab Hours 27-162)
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
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

This course gives students an opportunity to train for intercollegiate athletics. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Exhibit increased physical strength, endurance, cardiovascular output, speed, and mobility.
3. Analyze and apply the tactics, strategies, and skills necessary for specific positions' success at a competitive, intercollegiate level.
4. Evaluate individual and team strengths and weaknesses and apply results to preparation and game day situations.
5. Explain and apply rules for various governing bodies for student's intercollegiate sport.

## Course Objectives

- 1. Demonstrate increased mastery of advanced athletic skills.
- 2. Analyze and apply tactics, strategies and skills necessary for team-wide success at an intercollegiate level.
- 3. Diagram and apply concepts of offensive and/or defensive strategies during competition, adjusting as dictated by situational data or opponents' decisions.
- 4. Evaluate strength and weaknesses of self, team and opponents.

## Lecture Content

## Lab Content

Physical Training Weight Training Circuit Training for Strength and Cardiovascular (Cardio) Isotonic Training for Strength Isometric Training for Strength Sport-specific Training for Strength Cross Training for Strength and Speed Cardiovascular Training Circuit Training for Strength and Cardio Endurance Training Interval Training Periodization Training Sequencing for in-season and out-of-season activities Speed Training Sprint Training Plyometric Training Cross Training for Strength and Speed Individual and Team Skills Training Defense and offense Individual positioning and spatial relationships instruction and drills Individual and team responsibilities and specialty groups instruction and drills Position-specific instruction drills on skills and techniques Sport-specific individual and team instruction and drills on skills and techniques Sport-specific instruction and drills on court/field awareness Personnel management, special teams, and substitution patterns Analysis of team performance Opponent Assessment Position-specific instruction on skills assessments Film/video assessment techniques Live scouting assessment techniques Situational assessments in special circumstances Offensive and Defensive Structures Team Philosophy Modern concepts and traditional methods Risk/Reward Play-calling Substitutions and personnel management Player Personnel Time/clock management Fitting to current personnel Recruiting new personnel Inj ry management Seasonal adjustments In-game adjustments Rules and Regulations: In-Season Competition Sport-specific instruction on National Collegiate Athletic Association (NCAA) playing rules Sport-specific instruction on CCCAA modifications of playing rules Situation-specific instruction on applicable rules Managing and communicating with officials Out-of-Season Competition CCCAA Bylaws NCAA Bylaws NAIA Bylaws NGB sport-specific bylaws Local College Standards Travel Uniforms Expenses Coaching staff Decorum

## Method(s) of Instruction

- Lab (04)

## Instructional Techniques

Video analysis, modeling, skills demonstration and skills analysis, game scenario lessons.

## Reading Assignments

3C2A Constitution; NCAA Rule Guide; Articles related to the sport; handouts with sport-specific content.

## Writing Assignments

Development of Individualized Strength and Conditioning plans. Planning and mapping strategies for success in season performances.

## Out-of-class Assignments

## Demonstration of Critical Thinking

Comparison of student ability, video analysis, analysis of statistics.

## Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of athletic skills. Demonstration of offensive and defensive strategies.

## Eligible Disciplines

Coaching: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. 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.

## **Manuals Resources**

1. 3C2A. The California Community College Athletic Association Constitution and Bylaws,, 3C2A , 09-04-2024