



KINE 178 - Pre-Season Conditioning Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000629410

Discipline(s) Coaching
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 178

Course Title Pre-Season Conditioning

TOP Code/SAM Code 0835.50 - 0835.50 Intercollegiate Athletics / E -
Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units.

Units 1 – 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00
to 0.00

Lab 58.00
to 175.00

Activity 0.00
to 0.00

Work Experience 0.00
to 0.00

Outside of Class Hours 0.00
to 0.00

Total Contact Hours 58
to 175

Total Student Hours 58
to 175

Open Entry/Open Exit Yes

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 3 times

Catalog Description This course prepares students for a competitive season. It is a solid conditioning program that will prepare the student both mentally and physically through training and competition, decreasing injury potential. This class is a requirement for athletes who participate in the "non-traditional season." This class is available to all students.

Schedule Description

SECTION D

Condition on Enrollment

- 1a. **Prerequisite(s):** *None*
- 1b. **Corequisite(s):** *None*
- 1c. **Recommended:** *None*
- 1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Prepared physically to perform in rigorous competition.
- B. Understand how to maintain strength, flexibility, and endurance during a sports season.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. understand the need for pre-season conditioning.
- B. understand elements composing a pre-season program.
- C. understand and evaluate personal goals and be able to implement a training program.
- D. increase cardiovascular endurance.
- E. increase total body strength.
- F. increase flexibility.
- G. maintain his/her physical and mental condition.
- H. improve areas of personal weaknesses.
- I. select most needed conditioning activities that will fit their individual needs.
- J. select conditioning activities that will prepare him/her for future competition.
- K. Rehabilitate athletic injuries.
- L. further understand the different phases of physical conditioning.
- M. understand, through conditioning, how weaknesses can be overcome and strengths made even stronger.
- N. understand how methods and lengths of a conditioning program can overcome most athletic injuries.
- O.

3. Course Content

- A. Conditioning
 - a. Endurance

- a. Running
 - a. acceleration
 - b. sprints
 - c. form
 - b. Quickness and agility drills, flexibility
 - c. Weight training
 - a. explosive exercise - free weights
 - b. daily iso-kinetics
 - B. Skill development-mechanical principals
 - a. Discussion-knowledge of
 - b. Application-proper movement
 - c. Slow motion and stop projection movies for evaluation
 - d. Visualization
 - e. Strategy
 - C. Participants will be exposed to all strategy necessary to participate at an intercollegiate level
 - D. Evaluation of past season
 - a. Athletes personal performance
 - b. Determine areas of athletes weaknesses
 - c. Determine athletes specific program to follow
 - d. Determine special program for injuries
 - E. Individual program to be selected from:
 - a. Conditioning
 - a. Endurance
 - a. running
 - b. sprints
 - c. form
 - b. Quickness and agility drills, flexibility
 - c. Weight training
 - a. explosive exercise - free weights
 - b. daily iso-kinetics
 - b. Skill development - mechanical principles
 - a. Discussion (knowledge of)
 - b. Application (proper movement)
 - c. Visualization
 - c. Special Programs
 - a. Improvement of injured areas
 - b. Strengthening of physically weak areas
 - c. Developing and improving hand-eye coordination
 - d. Building speed
 - d. Strategy
 - a. Athletes will be exposed to all strategy necessary to participate at an intercollegiate level.
 - F. Conditioning
 - a. Endurance
 - a. sprints
 - b. endurance
 - c. form
 - d.

4. Methods of Instruction:

Lecture:

Other (Specify):

Other: Activity: Students will participate in and compete at the given sport. Group Drills: Students will do drills to enhance their tactical understanding of the sport. Individual

Technique Drills: Students will do drills to enhance their personal skills within the sport.

Team Work: Students will prepare in a team setting to compete with other college teams during their non traditional season of sport.

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Final Exam --

Mid Term --

Additional assessment information:

Fitness testing

Midterm

Final

Video analysis

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

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B. Writing Assignments

The course is entirely based upon skill development for selective competitive sports. There may be some appropriate writing/reading assignments.

C. Other Assignments

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7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: NCAA

Title: NCAA Division I Manual and Rule Book

Publisher: National Collegiate Athletic Association

Date of Publication: 2007

Edition: Current

B. Other required materials/supplies.

- FOR CURRENT TEXT SEE TEXTBOOK ADOPTION FORMS ON FILE IN OFFICE OF INSTRUCTION