



COURSE OUTLINE : ATHPE 100

D Credit – Degree Applicable

COURSE ID 003026

Cyclical Review: August 2020

COURSE DISCIPLINE : ATHPE
COURSE NUMBER : 100
COURSE TITLE (FULL) : Strength and Conditioning for Intercollegiate Athletes
COURSE TITLE (SHORT) : Strength and Cond for Inter Ath

CATALOG DESCRIPTION

ATHPE 100 is designed for intercollegiate athletes. Students are provided with instruction in sport-specific training techniques with the goal of improving overall muscular strength, endurance, and power. Students learn to develop and maintain a strength and conditioning program using sport-specific drills and equipment.

CATALOG NOTES

Note: This class is structured to provide strength and conditioning programs specific to intercollegiate athletics during participation in an intercollegiate sport. Note: May be taken 4 times for credit.

Total Lecture Units: 1.00 – 1.50

Total Laboratory Units: 0.50-1.00

Total Course Units: 1.50-2.50

Total Lecture Hours:18.00-27.00

Total Laboratory Hours: 27.00-54.00

Total Laboratory Hours To Be Arranged:0.00

Total Out-of-Class Hours: 36.00-54.00

Total Contact Hours: 45.00-81.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Demonstrate proper body mechanics;	Yes
2				apply proper lifting techniques;	Yes
3				operate limb-loading and cardio-respiratory equipment;	Yes
4				recognize age and gender appropriate exercises for enhancement of core stability.	Yes

EXIT STANDARDS

- 1 Demonstrate an advanced knowledge of the benefits of weight training as it applies to each individual sport during the competitive season and off season;
- 2 demonstrate the techniques of power lifting specific to a specific sport;
- 3 identify sport-specific exercises designed to improve muscular strength, endurance, and power;
- 4 explain the safety principles involved with exercise including prevention of overtraining;
- 5 develop and implement a strength and conditioning program;
- 6 identify appropriate nutrient requirements for optimal performance.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply advanced weight training techniques and concepts as they apply to improved athletic performance;
- 2 demonstrate and apply knowledge of aerobic and anaerobic conditioning principles and techniques;
- 3 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Weight Room Orientation <ul style="list-style-type: none"> • Safety procedures and proper use of equipment • Proper attire • Replacing equipment • Maintenance programs for in-season sports • Training programs for off-season sports 	12	0	12



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2	<p>Flexibility Training</p> <ul style="list-style-type: none"> • Importance of flexibility training • Impact of flexibility on joints and muscles • Types of flexibility training • Dynamic • Static Active • Static Passive • Ballistic • Isometric • Proprioceptive Muscular Facilitation • Sport specific flexibility programs 	0	6	6
3	<p>Aerobic Training</p> <ul style="list-style-type: none"> • Importance of aerobic training • Impact of aerobic training • Proper form for aerobic training • Sport specific aerobic training 	0	7	7
4	<p>Core Training</p> <ul style="list-style-type: none"> • Importance of core training • Impact of core training • Proper form for core training • Sport specific core training 	0	7	7
5	<p>Plyometric Training</p> <ul style="list-style-type: none"> • Importance of plyometric training • Impact of plyometric training • Lower body • Upper body • Vertical • Proper form for plyometric training • Sport specific plyometric training 	0	7	7
6	<p>Power Lifting</p> <ul style="list-style-type: none"> • Importance of power lifting • Impact of power lifting • Upper body • Lower body • Core • Proper form and safety for power lifting • Sport specific power lifting 	0	7	7



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7	Speed Training <ul style="list-style-type: none"> • Importance of speed training • Impact of speed training • Proper form for speed training • Sport specific speed training 	0	7	7
8	Agility Training <ul style="list-style-type: none"> • Importance of agility training • Impact of agility training • Proper form for agility training • Sport specific agility training 	0	13	13
9	Nutrition <ul style="list-style-type: none"> • Importance of supplementation and vitamin intake • Education in the area of anabolic steroids • Diet for optimal athletic performance 	15	0	15
				81

OUT OF CLASS ASSIGNMENTS

- 1 calculation pertaining to fitness assessment (e.g. Body Mass Index);
- 2 tracking of weight training program (e.g. spreadsheet of sport specific training program).

METHODS OF EVALUATION

- 1 demonstration of proper form and technique;
- 2 final paper (e.g. self-analysis and completion of sport specific training program).

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration



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- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Advances Functional Training for Sports: Training Techniques for Coaches, Personal Trainers and Athletes	Required	Lotus		print	Boyle, Michael	9781905367313	2011