Degree Applicable
Course ID 003105

Glendale Community College
Cyclical Review: May 2016

COURSE OUTLINE

Athletics Physical Education 101
Strength and Conditioning for Intercollegiate Athletes (Short Session)
(Previously Physical Education 199
Athletic Conditioning Individual and Team)

Catalog Statement

ATHPE 101 is designed for intercollegiate athletic training in short sessions. Students will be provided with instruction in sport-specific training techniques with the goal of improving overall muscular strength, endurance, and power. Students will develop and maintain a strength and conditioning program using sport-specific drills and equipment.

Total Lecture Units: 0.5
Total Laboratory Units: 1.0
Total Course Units: 1.5

Total Lecture Hours: 8.0
Total Laboratory Hours: 48.0
Total Laboratory Hours To Be Arranged: 0.0
Total Faculty Contact Hours: 56.0

Note: This class is structured to provide strength and conditioning programs specific to intercollegiate athletics during the short session.

Note: May be taken 4 times for credit.

Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- demonstrate proper body mechanics;
- apply proper lifting techniques;
- operate limb-loading and cardio-respiratory equipment;
- recognize age and gender appropriate exercises for enhancement of core stability.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- demonstrate an advanced knowledge of the benefits of weight training as it applies to each individual sport during the competitive season and off season;
- demonstrate the techniques of power lifting specific to a specific sport;
- identify sport-specific exercises designed to improve muscular strength, endurance, and power;
- explain the safety principles involved with exercise including prevention of overtraining;

- develop and implement a strength and conditioning program;
- identify appropriate nutrient requirements for optimal performance.

Course Content **Total Faculty Contact Hours = 56.0**

Weight Room Orientation (**Lecture 4 hours)**
- Safety procedures and proper use of equipment
- Proper attire
- Replacing equipment
- Maintenance programs for in-season sports
- Training programs for off-season sports

Flexibility Training (**Lab 4 hours)**
- 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

Aerobic Training **(Lab 6 hours)**
- Importance of aerobic training
- Impact of aerobic training
- Proper form for aerobic training
- Sport specific aerobic training

Core Training (**Lab 7 hours)**
- Importance of core training
- Impact of core training
- Proper form for core training
- Sport specific core training

Plyometric Training (**Lab 7 hours)**
- Importance of plyometric training
- Impact of plyometric training
  - Lower body
  - Upper body
  - Vertical
- Proper form for plyometric training
- Sport specific plyometric training

Power Lifting **(Lab 8 hours)**
- Importance of power lifting
- Impact of power lifting
  - Upper body
  - Lower body
  - Core
- Proper form and safety for power lifting

Sport specific power lifting

Speed Training **(Lab 8 hours)**
- Importance of speed training
- Impact of speed training
- Proper form for speed training
- Sport specific speed training

Agility Training **(Lab 8 hours)**
- Importance of agility training
- Impact of agility training
- Proper form for agility training
- Sport specific agility training

Nutrition **(Lecture 4 hours)**
- Importance of supplementation and vitamin intake
- Education in the area of anabolic steroids
- Diet for optimal athletic performance

Methods of Instruction

The following instructional methodologies may be used in this course:
- lecture;
- demonstration;
- multi-media presentations;
- skill repetition.

Out of Class Assignments

The following out of class assignments may be used in the course:
- calculation pertaining to fitness assessment (e.g. Body Mass Index);
- tracking of weight training program (e.g. spreadsheet of sport specific training program).

Methods of Evaluation

The following methods of evaluation may be used in this course:
- demonstration of proper form and technique;
- final paper (e.g. self-analysis and completion of sport specific training program).

Textbook(s)

Boyle, Michael. *Advances Functional Training for Sports: Training Techniques for Coaches Personal Trainers and Athletes.* New Delhi: Lotus P, 2011. Print.
10th Grade Textbook Reading Level. ISBN-13: 9781905367313

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:
- demonstrate an advanced knowledge of the importance of strength training;

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