



COURSE OUTLINE : ATHPE 180

D Credit – Degree Applicable

COURSE ID 010546

Created: February 2021

COURSE DISCIPLINE : ATHPE

COURSE NUMBER : 180

COURSE TITLE (FULL) : Esports

COURSE TITLE (SHORT) : Esports

CCC ACADEMIC SENATE DISCIPLINE: Coaching

CATALOG DESCRIPTION

ATHPE 180 is an advanced course designed for students who plan to compete at the collegiate level in esports. This course emphasizes advanced skill, theory, tactics, communication, strategy and intercollegiate competition. Student-athletes are required to meet the standards of the California Community College Athletic Association (CCCAA) eligibility guidelines and decorum policies and/or those of the National Esports Association (NEA).

CATALOG NOTES

Note: ATHPE 180 is designed for the intercollegiate esports team. This course does not meet Physical Education graduation requirements.

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 Contact Hours: 45.00-81.00

Total Out-of-Class Hours: 36.00-54.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				operate a key board and/or mouse or game console	Yes
2				access stable internet for practice and tournament play	Yes
3				participate in rigorous physical and mental activity	Yes
4				utilize verbal communication necessary for collegiate competition	Yes
5				demonstrate how to apply workable solutions within a team environment	Yes

EXIT STANDARDS

- 1 develop an appreciation of esports in terms of sportsmanship and fair play, practice ethic, and teamwork
- 2 develop a high skill level in esports
- 3 analyze and understand offensive and defensive strategies as they apply to competitive situations
- 4 recognize the role of nutrition in athletic performance
- 5 apply and break down offensive and defensive schemes
- 6 integrate conditioning and strength training into weekly practices
- 7 demonstrate the ability to work with a team as a unit and develop team concepts
- 8 identify professional roles and opportunities for amateur and professional esports
- 9 identify the role of the California Community College Athletic Association (CCCAA) and/or NCAA to off- season training and competition
- 10 Evaluate and explain the structural and cultural barriers that limit players of color, females, LGBTQ and disadvantaged in the gaming community.

STUDENT LEARNING OUTCOMES

- 1 implement and apply technical and tactical skills necessary for collegiate competition
- 2 integrate and execute advanced cooperative skills needed to perform at a high level of play
- 3 demonstrate and apply safety rules and procedures to effectively participate in a collegiatesport



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COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Team Philosophies and Rules <ul style="list-style-type: none"> • Sportsmanship • Team rules • Individual/team goal setting • NCAA rules and regulations • CCCAA Decorum Policies 	9	0	9
2	Safety for eSports <ul style="list-style-type: none"> • Posture and injury prevention • Stretching • Hydration/Nutrition • Mental health • Hygiene 	9	0	9
3	Fundamental Conditioning Skills for eSports <ul style="list-style-type: none"> • Agility • Coordination • Muscular strength and range of motion • Muscular and cardiovascular endurance 	0	16	16
4	Advanced Fundamental Skills in Esports <ul style="list-style-type: none"> • Hand-eye coordination • Macro skills • Micro skills • Personal mechanics • Positioning • Focus • Reaction time • Information seeking and processing 	0	19	19
5	Advanced Game Strategy <ul style="list-style-type: none"> • Timing • Map control • Team awareness • Decision making process • Objective control 	0	19	19



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6	Understanding Team Dynamics <ul style="list-style-type: none"> • Creating a positive environment • Controlling emotions • Effective communication • Individual roles • Adapting play style 	8	0	8
7	Definitions of Diversity, Inclusion, inequality and discrimination in Sports Competition <ul style="list-style-type: none"> • Gender • Race/ethnicity • Sexuality • Religion 	1	0	1
				81

OUT OF CLASS ASSIGNMENTS

- 1 game evaluation (e.g. written evaluations regarding positive and negative performances with player feedback)
- 2 goal setting (e.g. written re-evaluation of goal performance every week)
- 3 game analysis (e.g. written summary and review of game film both team and individual)
- 4 statistical scouting (e.g. evaluation of individual or team game statistics)

METHODS OF EVALUATION

- 1 written play exams (e.g. diagram test for defense)
- 2 video and statistical analysis of practices and games
- 3 competitions

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)



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Guest Speakers

Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
IESF Competition Regulations	Supplemental	IESF			International ESports Federation		2020
Understanding Esports An Introduction to the Global Phenomenon	Supplemental	LexingtonBooks	1		Edited by Ryan Rogers	978-1-4985-8980-2	2019
Raising the Stakes E-Sports and the Professionalization of Computer Gaming	Supplemental	MIT Press	1	Paperback	TL Taylor	9780262017374	2015