

ATHPE101 : Strength and Conditioning for Intercollegiate Athletes

General Information

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Course Code (CB01) :	ATHPE101
Course Title (CB02) :	Strength and Conditioning for Intercollegiate Athletes
Department:	ATHPE
Proposal Start:	Fall 2024
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000584071
Curriculum Committee Approval Date:	09/27/2023
Board of Trustees Approval Date:	11/21/2023
Last Cyclical Review Date:	09/27/2023
Course Description and Course Note:	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. Note: This class is structured to provide strength and conditioning programs specific to intercollegiate athletics. Note: May be taken 4 times for credit.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"> Credit
Author:	<ul style="list-style-type: none"> Yvette Ybarra

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"> Coaching
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)	Course Special Class Status (CB13)	Grading Basis
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Course is not a basic skills course.

Course is not a special class.

- Grade with Pass / No-Pass Option

Allow Students to Gain Credit by Exam/Challenge

Pre-Collegiate Level (CB21)

Course Support Course Status (CB26)

Not applicable.

Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/28/2023	No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)	1.5
Maximum Credit Units (CB06)	1.5
Total Course In-Class (Contact) Hours	63
Total Course Out-of-Class Hours	18
Total Student Learning Hours	81

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0.5	1

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54

Laboratory Hours	3	0	Course In-Class (Contact) Hours	
Studio Hours	0	0	Lecture	9
			Laboratory	54
			Studio	0
			Total	63
			Course Out-of-Class Hours	
			Lecture	18
			Laboratory	0
			Studio	0
			Total	18

Time Commitment Notes for Students

No value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entry Standards

Entry Standards

Demonstrate proper body mechanics.

Apply proper lifting techniques.

Operate limb-loading and cardio-respiratory equipment.

Recognize exercises for enhancement of core stability.

Specifications

Methods of Instruction

Methods of Instruction Collaborative Learning

Methods of Instruction	Demonstrations			
Methods of Instruction	Laboratory			
Methods of Instruction	Lecture			
Methods of Instruction	Multimedia			
Out of Class Assignments				
<ul style="list-style-type: none"> • 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	Rationale			
Presentation (group or individual)	Demonstration of proper form and technique			
Project/Portfolio	Final paper (e.g. self-analysis and completion of sport specific training program)			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value
Other Instructional Materials (i.e. OER, handouts)				
No Value				
Materials Fee				
No value				

Learning Outcomes and Objectives

Course Objectives

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.

SLOs

Apply advanced weight training techniques and concepts as they apply to improved athletic performance. Expected Outcome Performance: 70.0

ATHPE
Core PLOs

Demonstrate and apply safety rules and procedures to effectively participate in physical movement.

Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.

Integrate and execute advanced cooperative skills needed to perform at a high level of play.

Perform aerobic and anaerobic conditioning principles and techniques. Expected Outcome Performance: 70.0

ATHPE
Core PLOs

Demonstrate and apply safety rules and procedures to effectively participate in physical movement.

Implement and apply conditioning, weight training, and sport specific skills necessary for collegiate competition.

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

ATHPE
Core PLOs

Demonstrate and apply safety rules and procedures to effectively participate in physical movement.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Weight Room Orientation (5 hours)

- Safety procedures and proper use of equipment
- Proper attire
- Replacing equipment
- Maintenance programs for in-season sports
- Training programs for off-season sports

Nutrition (4 hours)

- Importance of supplementation and vitamin intake
- Education in the area of anabolic steroids
- Diet for optimal athletic performance

Total Hours = 9

Laboratory/Studio Content

Flexibility Training (5 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 (8 hours)

- Importance of aerobic training
- Impact of aerobic training
- Proper form for aerobic training
- Sport specific aerobic training

Core Training (8 hours)

- Importance of core training
- Impact of core training

- Proper form for core training
- Sport specific core training

Plyometric Training (8 hours)

- Importance of plyometric training
- Impact of plyometric training
- Lower body
- Upper body
- Vertical
- Proper form for plyometric training
- Sport specific plyometric training

Powerlifting (9 hours)

- Importance of power lifting
- Impact of power lifting
- Upper body
- Lower body
- Core
- Proper form and safety for powerlifting
- Sport specific powerlifting

Speed Training (8 hours)

- Importance of speed training
- Impact of speed training
- Proper form for speed training
- Sport specific speed training

Agility Training (8 hours)

- Importance of agility training
- Impact of agility training
- Proper form for agility training
- Sport specific agility training

Total Hours = 54