

ICA R165: CONDITIONING FOR ATHLETES

Originator

jcrawford1

College

Oxnard College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

R165

Course Title (CB02)

Conditioning for Athletes

Banner/Short Title

Conditioning for Athletes

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

This course is designed for student-athletes to improve their physical conditioning and skill level for a specific sport. Athletes who participate in intercollegiate athletics need additional preparation to ensure optimal opportunity to perform to the best of their ability. May be taken for a maximum of 4 times.

Taxonomy of Programs (TOP) Code (CB03)

0835.50 - Intercollegiate Athletics

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

May be required

Grading method

Letter Graded

Does this course require an instructional materials fee?

No

Repeatable for Credit

Yes

Number of times a student may enroll in this course

4

Maximum units a student may earn in this course

2

Specify the Title 5 justification for repeatability

Intercollegiate athletics

Justification for Repeatability

Intercollegiate athletics

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

26.25

Maximum Contact/In-Class Laboratory Hours

105

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

26.25

Total Maximum Contact/In-Class Hours

105

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

26.25

Total Maximum Student Learning Hours

105

Minimum Units (CB07)

.5

Maximum Units (CB06)

2

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:	
1	Demonstrate an increase in muscular strength specific for sports
2	Demonstrate an improvement in cardiovascular endurance specific for sports

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1	Identify levels of cardiovascular fitness, muscular strength and endurance, and flexibility necessary for specific sports.
2	Demonstrate sport specific movement patterns to improve identified weaknesses.
3	Apply principles of cardiovascular fitness, muscular strength and endurance, and flexibility to injury prevention.
4	Identify target heart rate, maximum heart rate, and recovery heart rate.
5	Demonstrate the ability to perform the skills, techniques, and strategies of his/her sport with a high degree of proficiency.

Course Content

Lecture/Course Content

See Lab Content

Laboratory or Activity Content

- A. Orientation
- B. Skills
 1. Warm up
 2. Stretching and flexibility: static vs ballistic
 3. Developmental progression
- C. Knowledge of conditioning techniques
 1. Develop workout routine
 2. Develop reasonable short and long range goals
 3. Record keeping
- D. Cardiovascular Fitness
 1. Cardiovascular fitness for specific sports: aerobic and anaerobic

2. Reasonable short and long range goals
3. FITT Principles

E. Nutrition

1. Off-season recommendations
2. In-season recommendations
3. Pre-game meals
4. Water intake

F. Proper Clothing/Equipment

G. Injury Prevention

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Journals

Other (specify)

Performances

Skills demonstrations

Skill tests

Other

Students may analyze film of practice and contests for specific sport

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Distance Education

Demonstrations

Field trips

Group discussions

Guest speakers

Describe specific examples of the methods the instructor will use:

- A. Lectures of specific sport skills and techniques will be provided for eventual emulation by the students.
- B. Multimedia presentations, which demonstrate particular skills and training to enhance competitive ability.
- C. Drills designed to improve sports skills for individuals and teams.
- D. Group discussions by the instructor or guest lecturer on sports strategies.
- E. Video analysis of sports mechanics, practice, and scrimmages.

Representative Course Assignments

Writing Assignments

Journals may be written

Reading Assignments

Literature regarding sport specific conditioning and strategy will be utilized

Skills Demonstrations

Students may demonstrate athletic abilities pertinent to particular sports

Other assignments (if applicable)

Students will spend a minimum of two hours outside the class practicing their individual sport skills and conditioning

Outside Assignments

District General Education

- A. Natural Sciences**
- B. Social and Behavioral Sciences**
- C. Humanities**
- D. Language and Rationality**
- E. Health and Physical Education/Kinesiology**
- F. Ethnic Studies/Gender Studies**

CSU GE-Breadth

- Area A: English Language Communication and Critical Thinking**
- Area B: Scientific Inquiry and Quantitative Reasoning**
- Area C: Arts and Humanities**
- Area D: Social Sciences**
- Area E: Lifelong Learning and Self-Development**

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

- Area 1: English Communication**
- Area 2A: Mathematical Concepts & Quantitative Reasoning**
- Area 3: Arts and Humanities**
- Area 4: Social and Behavioral Sciences**
- Area 5: Physical and Biological Sciences**
- Area 6: Languages Other than English (LOTE)**

Textbooks and Lab Manuals

Resource Type

Other Resource Type

Description

Handouts by instructors, such as individual workout programs or nutritional information..

Resource Type

Other Instructional Materials

Description

As advised by instructor, sport specific gear will be required to participate .

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The instructor and students will share ideas to improve sport skills and conditioning as individuals and as a team.
Face to Face (by student request; cannot be required)	Instructor-led physical rehearsal of skills, conditioning, and strategy throughout the class period.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The instructor and students will share ideas to improve sport skills and conditioning as individuals and as a team.
Face to Face (by student request; cannot be required)	Instructor-led physical rehearsal of skills, conditioning, and strategy throughout the class period.
Synchronous Dialog (e.g., online chat)	Instructor can outline weekly practice expectations and strategy for competition.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	The instructor and students will share ideas to improve sport skills and conditioning as individuals and as a team.
Synchronous Dialog (e.g., online chat)	Instructor can outline weekly practice expectations and strategy for competition.
Video Conferencing	The use of video analysis software to develop improvements of skills, conditioning and strategy.
Other DE (e.g., recorded lectures)	Instructor-led videos of physical rehearsal of skills, conditioning, and strategy.

Examinations

Hybrid (1%–50% online) Modality

On campus

Hybrid (51%–99% online) Modality

On campus

Primary Minimum Qualification

COACHING

Review and Approval Dates

Department Chair

08/20/2020

Dean

08/20/2020

Technical Review

08/26/2020

Curriculum Committee

08/26/2020

Curriculum Committee

10/28/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000560580

DOE/accreditation approval date

MM/DD/YYYY