



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 135ABCD
Descriptive Title: Sport-Specific, Periodized Training for Athletes

Course Disciplines: Physical Education

Division: Health Sciences and Athletics

Catalog Description: Students will engage in physical conditioning that is specific to their sport. Training will be periodized with changes in training variables occurring at prescribed intervals and phases of training. Athlete's strengths and weaknesses in performing their sport will be assessed; injury risk will be identified. Test results, athlete goals, and coaches' input will be used to develop individual training programs to optimize physical conditioning and reduce risk of injury during any phase of the athlete's training year.

Conditions of Enrollment: Recommended Preparation
High school varsity experience or equivalent skill

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: 12/13/1993
Transfer UC: Effective Date: Fall 1995

General Education:
El Camino College: 5 – Health and Physical Education
Term: _____ Other: _____

CSU GE: _____
IGETC: _____

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Student will assess current fitness levels in muscle endurance and develop programs to improve fitness level.
2. Student will identify conditioning techniques for a specific sport and evaluate progression in performance using standardized testing procedure.
3. Student will assess current fitness levels in muscle strength and develop programs to improve fitness level.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Assess performance on sport-specific fitness evaluations, identifying strengths and weaknesses relative to the fitness demands of the athlete's sport.
Class Performance
2. Examine the predispositions for injury in the performance of a specific sport or event.
Class Performance
3. Identify specific conditioning strategies for injury prevention.
Class Performance
4. Evaluate the fitness demands for performance of a specific sport or event.
Class Performance
5. Distinguish between microcycles, mesocycles, and macrocycles as they pertain to year-long periodized training.
Class Performance
6. Practice sport- or event-specific physical conditioning
Class Performance
7. Contrast the general sport-specific conditioning objectives for pre-season, inseason, recovery, and off-season physical conditioning.
Class Performance
8. Analyze current training status and risk of injury in order to set achievable goals for a particular sport.
Class Performance
9. Evaluate body composition and describe effective methods for reducing body fat and increasing skeletal muscle mass.
Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic

Lab	2	I	Sport Specific Fitness Assessments - Pre-Tests and identification of sport specific training domains and energy demands. Due to the comprehensive nature of physical conditioning, each of the instructional units listed below shall be integrated throughout the semester and shall be applied in a sport-specific and periodized fashion.
Lab	2	II	Goal setting and journaling
Lab	2	III	Pre-habilitation - Identify potential for injury
Lab	2	IV	Periodization concepts - Training cycles - Specific objectives during phases of year-long training
Lab	6	V	Core Conditioning
Lab	5	VI	Aerobic Conditioning
Lab	5	VII	Anaerobic Conditioning
Lab	5	VIII	Training for muscle strength
Lab	5	IX	Training for muscle power
Lab	5	X	Training for muscle endurance
Lab	3	XI	<i>Body Composition skeletal muscle mass fat mass and total body weight</i>
Lab	3	XII	Jump Training
Lab	5	XIII	Agility and speed training
Lab	2	XIV	Static and dynamic flexibility
Lab	2	XV	Sport-Specific Fitness Assessments - Post-Tests
Total Lecture Hours	0		
Total Laboratory Hours	54		
Total Hours	54		

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Demonstrate to the instructor the proper technique in the performance of six core conditioning exercises.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Analyze your fitness progress and determine what training adjustments must be made in order to achieve targeted cardiorespiratory fitness goals. Utilize heart

rate assessments and journal documentations of weekly workouts. Discuss your findings and training adjustments with instructor.

2. Review your journal documentations and strength tests and make necessary training adjustments to achieve strength goals. Discuss your findings and fitness plan with instructor.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Performance exams

Class Performance

Journal (kept regularly throughout the course)

V. INSTRUCTIONAL METHODS

Demonstration

Laboratory

Lecture

Multimedia presentations

Other (please specify)

Field assessments

Film critique

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Answer questions

Skill practice

Problem solving activities

Written work

Journal

Course is lab only - minimum required hours satisfied by scheduled lab time and estimated student hours outside of class per week is zero.

Estimated Independent Study Hours per Week: 0

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills
No required skill needed.

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation High school varsity experience or equivalent skill	Students who have demonstrated the skills and abilities for enrollment in the athletic development course will have a greater ability to succeed based on the following areas. Student will have a comprehensive understanding of the rules and regulations of the athletic sport. The student will understand tactics, alignments and strategies of play. This individual will also be aware of phases of conditioning, and proper implementation of health and safety requirements.

D. Recommended Skills

Recommended Skills

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by John Featherstone on 09/01/1993.

BOARD APPROVAL DATE: 12/13/1993

LAST BOARD APPROVAL DATE: 11/20/2017

Last Reviewed and/or Revised by Le Valley Pattison on 09/18/2017