

PE - 135abcd - Sport-Specific, Periodized Training for Athletes

COURSE OUTLINE OF RECORD

VIII. General Course Information

Subject:*

PE

Course Number:* 135abcd

Descriptive Title:* Sport-Specific, Periodized Training for Athletes

Course Disciplines:*

Physical Education

Division:

Health Sciences and Athletics

Department:*

Physical Education

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:

Prerequisite:

Co-requisite:

Recommended Preparation:

High school varsity experience or equivalent skill

Enrollment
Limitation:

Course Length: Full Term

Hours Lecture (per
week): 0

Hours Laboratory (per
week): 3

Outside Study Hours:* 0

Total Hours:* 54

Course Units:* 1

Grading Method:

Letter Grade only

Credit Status:

Credit, degree applicable

Transfer CSU: Yes
 No

Effective Date: 12/13/1993

Transfer UC: Yes
 No

Effective Date: Fall 1995

General Education
ECC:

Area 5 - Health and Physical Education

Term:

Other:

CSU GE:

Term:

Other:

IGETC:

Term:

Other:

IX. Outcomes and Objectives

A. Student Learning Outcomes SLOs (The course student learning outcomes are listed below.)

Student Learning Outcomes:

SLO #1 Endurance

Students will assess current fitness levels in muscle endurance and develop programs to improve fitness level.

SLO #2 Sport Specific

Student will identify conditioning techniques for a specific sport and evaluate progression in performance using a standardized testing procedure.

SLO #3 Strength

Students will assess current fitness levels in muscle strength and develop programs to improve fitness level.

B. Course Objectives (The major learning objectives for this course are listed below.)

Course Objectives:

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

X. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

I. Main Topic (3 hours, lecture)

A. Sub topics

B. Sub topics

1. Super sub topic

2. Super sub topic

Major Topics:

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. (2 hours, lab)

II. Goal setting and journaling (2 hours, lab)

III. Pre-habilitation - Identify potential for injury (2 hours, lab)

IV. Periodization concepts (2 hours, lab)

- 1. Training cycles
- 2. Specific objectives during phases of year-long training

V. Core Conditioning (6 hours, lab)

VI. Aerobic Conditioning (5 hours, lab)

VII. Anaerobic Conditioning (5 hours, lab)

VIII. Training for muscle strength (5 hours, lab)

IX. Training for muscle power (5 hours, lab)

X. Training for muscle endurance (5 hours, lab)

XI. Body Composition (3 hours, lab)

- 1. skeletal muscle mass, fat mass and total body weight

XII. Jump Training (3 hours, lab)

XIII. Agility and speed training (5 hours, lab)

XIV. Static and dynamic flexibility (2 hours, lab)

XV. Sport-Specific Fitness Assessments - Post-Tests (2 hours, lab)

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

XI. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

Primary Method of

B. Typical Assignment Using Primary Method of Evaluation

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

Critical Thinking Assignment 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.

Critical Thinking Assignment 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

Other Evaluation Methods:

If Other:

XII. Instructional Methods

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.

Instructional Methods:

If other: Field assessments Film critique

XIII. Work Outside of Class

Work Outside of Class

If Other:

XIV. Texts and Materials

A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Up-To-Date Representative Textbooks: Bompa, Tudor and Carrera, Michael. Periodized Training for Sports. 2nd Edition. Human Kinetics Publisher 2005

B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Alternative Textbooks:

C. Required Supplementary Readings

Required Supplementary Readings:

D. Other Required Materials

Other Required Materials:

XV. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite

Category

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite: High school varsity experience or equivalent skill

Requisite and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

El Camino College
Course Created by: John Featherstone

COURSE OUTLINE OF RECORD – Official

Date: 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

Date: 09/18/2017