

ICA M35A: CONDITIONING AND TRAINING FOR ATHLETIC COMPETITION

Originator

vmanakas

Co-Contributor(s)**Name(s)**

Black, Adam (ablack)

Kephart, Traycie (tkephart)

Stuart, Michael (michael_stuart2)

College

Moorpark College

Discipline (CB01A)

ICA - Intercollegiate Athletics

Course Number (CB01B)

M35A

Course Title (CB02)

Conditioning and Training for Athletic Competition

Banner/Short Title

Cond/Train for Athletic Compet

Credit Type

Credit

Start Term

Spring 2021

Formerly

KIN M35

Catalog Course Description

Develops skills and conditioning for prospective athletes who are entering intercollegiate competition.

Additional Catalog Notes

Student must be capable of competing at the intercollegiate level.

Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility. May be taken a maximum of four (4) times for credit.

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

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

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

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

4

Specify the Title 5 justification for repeatability

Intercollegiate athletics

Justification for Repeatability

Repeatability is dependent upon CCCAA (California Community College Athletic Association) eligibility.

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

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

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

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | show an improvement in muscular strength and endurance. |
| 2 | demonstrate safe and effective use of training equipment. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|--|
| 1 | demonstrate the proper use of training equipment in a safe and effective manner. |
| 2 | discuss and demonstrate how training will assist in skill development. |
| 3 | demonstrate a variety of individual techniques and fundamentals required for successful competition. |
| 4 | apply and compare specific training exercises to specific elements of athletic performance. |
| 5 | discuss, demonstrate and apply the principles of cardiovascular endurance, strength training, flexibility and agility training in developing an overall training and conditioning program. |
| 6 | discuss nutrition and hydration as it relates to athletic training and performance. |

Course Content**Lecture/Course Content**

N/A

Laboratory or Activity Content

1. (20%) Individual fundamentals and techniques
 - a. Offensive fundamentals and techniques
 - b. Defensive fundamentals and techniques
 - c. Strength training
2. (20%) Nutrition and injury prevention
 - a. Basic injury prevention
 - b. Healthy diet
 - c. Proper weight control
 - d. Diet and performance
3. (20%) Training and conditioning
 - a. Strength training
 - b. Principles of weight training and stress adaptation
 - c. Structuring a training program
 - d. Safety and spotting
4. (10%) Flexibility and balance training
5. (10%) Agility and speed training
6. (10%) Power and plyometric training
7. (10%) Cardiovascular training

Methods of Evaluation

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

Problem solving exercises
 Skills demonstrations
 Written expression

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):

Classroom Discussion
 Journals
 Oral presentations
 Performances
 Projects
 Participation
 Portfolios
 Reports/Papers/Journals
 Skills demonstrations
 Skill tests or practical examinations

Instructional Methodology

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

Audio-visual presentations

Collaborative group work
 Distance Education
 Demonstrations
 Guest speakers
 Instructor-guided interpretation and analysis
 Instructor-guided use of technology
 Small group activities

Describe specific examples of the methods the instructor will use:

1. Demonstrate skills to model safe and effective techniques
2. Small group activities through workout pods to develop team work and enhance safety
3. Skill testing to illustrate improvement in physical conditioning

Representative Course Assignments

Writing Assignments

1. Present a report evaluating a conditioning program.
2. Maintain records of strength and conditioning programs gains.
3. Develop goals specific to fitness and conditioning improvement.

Critical Thinking Assignments

1. Analyze current nutritional behaviors and report on better choices conducive to being an athlete.
2. Assess present level of conditioning to develop goals.

Reading Assignments

1. Read articles on peak performance
2. Read articles on the effects of sleep and nutrition on performance.

Skills Demonstrations

1. Demonstrate safe and effective weight lifting techniques.
2. Demonstrate proper spotting techniques.

Outside Assignments

Representative Outside Assignments

1. Evaluate techniques of professional athletes during their training and conditioning regimen.
2. Watch individual video and provide a written assessment of current techniques.
3. Develop personalized conditioning goals.

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
Cal State, Long Beach	KIN 143	Individual Conditioning	1
CSU Dominguez Hills	KIN 142	Physical Conditioning	1
CSU East Bay	KIN 261	Competition Conditioning	1

Comparable Courses within the VCCCD

ICA R165 - Conditioning for Athletes

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Cerro Coso Community College	PHED C152	Conditioning for Competitive Athletics Intercollegiate Athletics	1

Butte College	KIN 91	Strength and Conditioning for Intercollegiate Athletics	1
Barstow Community College	ATHL 31	Sports Conditioning for Intercollegiate Athletics	1

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

S'2002

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

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

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

UC TCA

UC TCA

Approved

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**

Textbook

DescriptionSandler, David. *Fundamental Weight Training*. Human Kinetics, 2010.**Resource Type**

Textbook

Classic Textbook

No

DescriptionLarson-Meyer, D. Enette, and Matt Ruscigno. *Plant-based Sports Nutrition: Expert fueling strategies for training, recovery, and performance*. Human Kinetics, 2019.**Resource Type**

Textbook

Classic Textbook

No

DescriptionEverett, Greg. *Olympic Weightlifting: A Complete Guide for Athletes & Coaches*. 3rd ed., Catalyst Athletics, Inc., 2016.**Library Resources****Assignments requiring library resources**

Research articles using the Library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Using the Library's print and online resources, research the effects of nutrition on performance.

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)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Other DE (e.g., recorded lectures)	Instructor may record workouts and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.

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100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
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Examinations**Hybrid (1%–50% online) Modality**

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

PHYSICAL EDUCATION

Additional Minimum Qualifications

Minimum Qualifications

Coaching

Review and Approval Dates

Department Chair

11/02/2020

Dean

11/03/2020

Technical Review

11/05/2020

Curriculum Committee

11/17/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/20/2020

Control Number

CCC000524538

DOE/accreditation approval date

MM/DD/YYYY