

# ICA M35B: IN-SEASON CONDITIONING FOR ATHLETIC COMPETITION

**Originator**

tkephart

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

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**College**

Moorpark College

**Attach Support Documentation (as needed)**

Palomar College - KIN 205.pdf

Riverside CC - KIN V94.pdf

San Joaquin Delta College - ATH 2.pdf

ICA M35B\_state approval letter\_CCC000621756.pdf

**Discipline (CB01A)**

ICA - Intercollegiate Athletics

**Course Number (CB01B)**

M35B

**Course Title (CB02)**

In-Season Conditioning for Athletic Competition

**Banner/Short Title**

In-Season Cond for Athletics

**Credit Type**

Credit

**Start Term**

Fall 2021

**Catalog Course Description**

Develops strength and conditioning for in season athletes who are participating in intercollegiate competition. Includes powerlifting and sports nutrition.

**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)**

0835.00 - Physical Education

**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**

Letter Graded

**Alternate grading methods**

Student Option- Letter/Pass  
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**

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

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 | report improved strength and conditioning as a result of their participation. |
| 2 | demonstrate 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**

- **(90%) - Training and Conditioning**
  - (40%) Strength training
  - (5%) Principles of weight training and stress adaptation
  - (5%) Structuring a training program
  - (5%) Safety and spotting
  - (10%) Flexibility and balance training
  - (10%) Agility and speed training
  - (10%) Power and plyometric training
  - (5%) Cardiovascular training
- **(10%) - Nutrition and injury prevention**
  - (5%) Basic injury prevention
  - (5%) Diet and performance

**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):

Objective exams

Oral presentations

Performances

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

Small group activities

Describe specific examples of the methods the instructor will use:

- Skill demonstrations to model safe and effective techniques
- Small group activities through workout pods to develop team work and enhance safety
- Skill testing to illustrate improvement in physical conditioning

## Representative Course Assignments

### Writing Assignments

- Students will maintain a workout journal to chart strength exercises performed and developmental progressions
- Students will calculate training intensity based off of testing results and training formulas

### Critical Thinking Assignments

- Students will use physical testing results to design safe and effective training programs that complement the physical demands of the student's sport
- Through research, students will explain how individual differences (i.e., gender, age, genetics, body size, training history, etc) affect training technique and outcomes

### Reading Assignments

- Students will read about the relationship between strength and conditioning and the student's sport
- Students will read about the effects of good and poor nutrition on performance

### Skills Demonstrations

Students will demonstrate:

- safe and effective Olympic and power lifts
- regular and effective care of class equipment
- a positive attitude and character
- effective collaboration with classmates (i.e. motivation, spotting, sharing equipment)

## Outside Assignments

### Articulation

#### Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
Cal State, Long Beach	KIN 143	Individual Conditioning	1

#### Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Riverside City College	KIN V94	In-Season Varsity Sport Conditioning	1
Palomar College	KINE 205B	In-Season Conditioning II - Fine Motor Skills Maintenance	1-2
San Joaquin Delta College	ATH 2	In Season Conditioning	0.5-1.5

## 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

Proposed

Date Proposed:

Oct 2020

## **F. Ethnic Studies/Gender Studies**

**Course is CSU transferable**

Yes

**CSU Baccalaureate List effective term:**

Fall 2021

### **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**

Proposed

**Date Proposed:**

12/1/2020

**Effective term:**

Fall 2021

**Area F: Ethnic Studies**

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

### **UC TCA**

**UC TCA**

Proposed

**Date Proposed:**

06/15/2020

**Effective term:**

Fall 2021

## 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

#### Classic Textbook

No

#### Description

Larson-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

#### Description

Everett, Greg. *Olympic Weightlifting: A Complete Guide for Athletes & Coaches*. Rev. ed., Catalyst Athletics, Inc., 2016.

## Library Resources

### Assignments requiring library resources

Students will research peer-reviewed articles and textbooks.

### Sufficient Library Resources exist

Yes

### Example of Assignments Requiring Library Resources

1. Students will read about the effects of good and poor nutrition on performance
2. Through research, students will explain how individual differences (i.e., gender, age, genetics, body size, training history, etc) affect training technique and outcomes

## 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)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask questions of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material

### Hybrid (51%–99% online) Modality:

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Other DE (e.g., recorded lectures)

Recorded lectures will provide students with the same experience as in a traditional class.  
Online practice exams and quizzes will provide the opportunity for asynchronous review of material

### 100% online Modality:

#### Method of Instruction

#### Document typical activities or assignments for each method of instruction

Asynchronous Dialog (e.g., discussion board)

Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.

E-mail

Email, class announcements and tools such as "Message Students Who" and "Assignment Comments" in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.

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## Examinations

### Hybrid (1%–50% online) Modality

Online  
On campus

### Hybrid (51%–99% online) Modality

Online  
On campus

## Primary Minimum Qualification

COACHING

## Review and Approval Dates

### Department Chair

10/6/2020

### Dean

10/15/2020

### Technical Review

10/15/2020

### Curriculum Committee

10/20/2020

### DTRW-I

11/10/2020

**Curriculum Committee**

MM/DD/YYYY

**Board**

12/15/2020

**CCCCO**

01/15/2021

**Control Number**

CCC000524538

**DOE/accreditation approval date**

MM/DD/YYYY