

Course Outline of Record Report

10/18/2021

PHEDC151 : Conditioning for Competitive Athletes I

General Information

Author:	-
Course Code (CB01) :	PHEDC151
Course Title (CB02) :	Conditioning for Competitive Athletes I
Department:	Physical Education
Proposal Start:	Fall 2013
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	No
Course Control Number (CB00) :	CCC000547078
Curriculum Committee Approval Date:	04/26/2013
Board of Trustees Approval Date:	06/13/2013
External Review Approval Date:	07/17/2013
Course Description:	This is a course designed to improve individual fitness for competitive athletes. It includes principles of kinesiology and the advanced application of physical fitness methods. This course emphasizes the maintenance of a high level of physical conditioning through an individually designed fitness program.
Submission Type:	New Course
	Non-Standard: Student-athletes hours cannot exceed a total of 350 hours per academic year. To accommodate course scheduling for certain intercollegiate sports, this course is conducted for a period of 87.5 class hours. Fall only intercollegiate sports will use the 87.5 hour class format for off season conditioning . Repeatability designation receives it authorization from Ed. Code section 55041.
Author:	No value

Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none"> Coaching
Alternate Master Discipline Preferred:	<ul style="list-style-type: none"> Physical Education Physical Education
Bachelors or Associates Discipline Preferred:	<ul style="list-style-type: none"> Coaching
Additional Bachelors or Associates Discipline Preferred:	No value

Course Development Options

Basic Skills Status (CB08)

Course Special Class Status (CB13)

Grade Options

Course is not a basic skills course.

Course is not a special class.

- Letter Grade Methods

Allow Students to Gain Credit by Exam/Challenge

Allowed Number of Retakes
0

Course Prior To College Level (CB21)
Not applicable.

Rationale For Credit By Exam/Challenge
No value

Retake Policy Description
Type:|Activity/Other Repeatable||Limit:|Three times

Allow Students To Audit Course

Course Support Course Status (CB26)
No value

Associated Programs

Course is part of a program (CB24)

Associated Program
No value

Award Type
No value

Active

Transferability & Gen. Ed. Options

Course General Education Status (CB25)
No value

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Cerro Coso General Education Requirements

Area 7.2

Categories

Health & Wellness Activity

Status

Pending

Approval Date

No value

Comparable Course

No Comparable Course defined.

CSU General Education Certification

Area E.2

Categories

Lifelong Learning & Self-Development Activity

Status

Pending

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07) 0

Maximum Credit Units (CB06) 0

Total Course In-Class (Contact) Hours 0

Total Course Out-of-Class Hours 0

Total Student Learning Hours 0

Faculty Load 0

Credit / Non-Credit Options

Course Credit Status (CB04)

Credit - Degree Applicable

Course Non Credit Category (CB22)

Credit Course.

Non-Credit Characteristic

No Value

Course Classification Status (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	0
Activity	0
Total	0
Course Out-of-Class Hours	
Lecture	0
Laboratory	0
Activity	0
Total	0

Time Commitment Notes for Students

No value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
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No Value

No Value

No Value

No Value

Units and Hours: Non-Standard

Summary

Minimum Credit Units (CB07)	0.5
Maximum Credit Units (CB06)	0.5
Total Course In-Class (Contact) Hours	87.5
Total Course Out-of-Class Hours	0
Total Student Learning Hours	87.5
Faculty Load	0

Detail

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	4.86	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	87.5
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	0
Activity	87.5
Total	87.5
Course Out-of-Class Hours	
Lecture	0
Laboratory	0
Activity	0
Total	0

Time Commitment Notes for Students

No Value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours: Non-Standard - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories
No Value

Entrance Skills	
Entrance Skills	Description
No value	No value

Limitations on Enrollment	
Limitations on Enrollment	Description
No value	No value

Specifications	
Methods of Instruction	
Methods of Instruction	Other
Rationale	Other Methods: Activity
Methods of Instruction	
Methods of Instruction	Skills Development and Performance
Rationale	No value
Methods of Instruction	
Methods of Instruction	Group Work
Rationale	No value
Methods of Instruction	
Methods of Instruction	Lecture
Rationale	No value

Methods of Instruction	Discussion			
Rationale	No value			
Methods of Instruction	Demonstration			
Rationale	No value			
Assignments	No Value			
Methods of Evaluation	Rationale			
Tests	Students are assessed via a skills test based on a Rubric. Example-Students are asked to demonstrate proper techniques and form for plyometric exercise. Scoring is based on the rubric developed for the assessment.			
Equipment	No Value			
Textbooks				
Author	Title	Publisher	Date	ISBN
	Delavier, F. ; Gundill, M.. (2012) Strength Training Anatomy Workout, , Human Kinetics			
Other Instructional Materials	No Value			
Materials Fee	No			

Learning Outcomes and Objectives	
Course Objectives	
No value	
CSLOs	
Plan and demonstrate an effective personalized fitness program	Expected SLO Performance: 70.0

Demonstrate biomechanical movement as applied to sport to create efficiency of psychomotor skills and achieve maximum benefits in that sport. Expected SLO Performance: 70.0

Demonstrate proper use of equipment Expected SLO Performance: 70.0

Outline

Course Outline

No value

Lab Outline

- I. Kinesiology and Physiological Knowledge of the Body
 - A. Skeletal and Muscular Systems
 - 1. Muscle contraction explanation
 - 2. Muscles used for various exercises
 - 3. Muscle origin and insertion
 - B. Mechanical Basis for Efficient Movement
 - 1. Various Exercise Techniques
 - 2. Posture
 - 3. Body positioning
 - C. Exercise Programs
 - 1. Flexibility and stretching
 - 2. Stretching
 - 3. Isometric
 - 4. Isotonic-weight lifting
 - 5. Aerobic exercise
 - 6. Jogging and sprinting
 - 7. Circuit training
 - D. Developing an exercise program in preparation for athletic competition
- II. Team Dynamics
 - A. How to be an effective teammate
 - B. Understanding team interaction
- III. Safety
 - A. Dangers of exercise and sport
 - B. Proper exercise form
 - C. Use of exercise equipment

Delivery Methods and Distance Education

Delivery Method: Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

Face 2 Face

Rigor Statement: Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section?

No Value

Effective Student-Instructor Contact: Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Moodle Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

No Value

Software and Equipment: What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

Accessibility: Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

itv
LMS
publisher

Class Size: Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

No Value