

Cerro Coso College
Course Outline of Record Report
10/18/2021

PHEDC152 : Conditioning for Competitive Athletes II

General Information

Author:	• Tech Support
Course Code (CB01) :	PHEDC152
Course Title (CB02) :	Conditioning for Competitive Athletes II
Department:	Physical Education
Proposal Start:	Fall 2013
TOP Code (CB03) :	(0835.50) Intercollegiate Athletics
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	No
Course Control Number (CB00) :	CCC000547263
Curriculum Committee Approval Date:	05/06/2011
Board of Trustees Approval Date:	06/13/2013
External Review Approval Date:	Pending
Course Description:	This is an advanced 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 Hours Justification: Out of season Conditioning hours allowed by state. Spring semester only sports receive 175 hours in the fall.
Author:	No value

Faculty Minimum Qualifications

Master Discipline Preferred:	• Coaching • Physical Education
Alternate Master Discipline Preferred:	No value
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

Course Development Options

Basic Skills Status (CB08) Course is not a basic skills course.	Course Special Class Status (CB13) Course is not a special class.	Grade Options • Letter Grade Methods
<input type="checkbox"/> 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

No value

Not applicable

 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

CategoriesHealth & Wellness
Activity**Status**

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

CSU General Education Certification

Area E.2

CategoriesLifelong Learning
& Self-
Development
Activity**Status**

Approved

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
No Value	No Value	No Value	No Value

Units and Hours: Non Standard

Summary

Minimum Credit Units (CB07)	1
Maximum Credit Units (CB06)	1
Total Course In-Class (Contact) Hours	175
Total Course Out-of-Class Hours	0
Total Student Learning Hours	175
Faculty Load	0

Detail

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	9.72	0
Activity Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	175
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	175
Activity	0
Total	175
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

Demonstration

Rationale

No value

Methods of Instruction

Discussion

Rationale

No value

Methods of Instruction

Group Work

Rationale

No value

Methods of Instruction

Lecture

Rationale

No value

Methods of Instruction

Other

Rationale	activity			
Assignments	No Value			
Methods of Evaluation	Rationale			
Tests	Students are assessed via a skills test based on a Rubric. Example-Students demonstrate proper techniques and form for Olympic lifting exercise. Scores are based on the rubric developed for the assessment.			
Homework	Students design an exercise program that includes: agility, balance, coordination, power, reaction time, and speed. Scores are based on a rubric developed for that assignment.			
Equipment	No Value			
Textbooks				
Author	Title	Publisher	Date	ISBN
Delavier, F; Gundill, M.	Strength Training Anatomy Workout	Human Kinetics	2012	
Other Instructional Materials	No Value			
Materials Fee	No value			

Learning Outcomes and Objectives	
Course Objectives	No value
CSLOs	
Plan, and demonstrate a fitness program that includes: agility, balance, coordinatoin, power, reaction time, and speed.	Expected SLO Performance: 70.0
Demonstrate improvement in all the technical aspects of the sport.	Expected SLO Performance: 70.0
Demonstrate improvement in muscular strength, endurance, flexibiity and cardiovascular - respiratory endurance.	Expected SLO Performance: 70.0

Describe and demonstrate safe use of equipment.

Expected SLO Performance: 70.0

Outline

Course Outline

No value

Lab Outline

A. Physiological and Kinesiological Knowledge of the Body

1. Cardiovascular-respiratory system
 - a) Heart functioning
 - b) Oxygen utilization
 - c) Blood flow and vascular parameters
2. Skeletal and muscular systems
 - a) Muscle contraction
 - b) Muscle use in exercise
 - c) Muscle origin and insertion
3. Mechanical basis for efficient movement
 - a) Safe and efficient movement
 - b) Angles and stress points

B. Concepts and Skills

1. Agility
2. Balance
3. Coordination
4. Power
5. Reaction time
6. Speed
7. Safety and advanced fitness concepts
8. Exercise Programs
9. Dynamic flexibility and stretching
10. Plyometric exercise

C. Physical Fitness Evaluation

1. Weight and body measurements.
2. Pulse-rate
3. Aerobics - 1 1/2 mile run for time
4. Endurance - 6 mile run

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