

PRE-SEASON CONDITIONING FOR ATHLETES P.E. 161

INSTRUCTOR: Mark Okada

Class Days & Times: TR 1:50pm-3:15pm

OFFICE: 758 (Tue & Thurs 900-1100am)

PHONE: 355-6576

E-MAIL: CoachMOKada@gmail.com

Credit Units: 1.5

20426

Recommended Text: Frederik Delavier, "Strength Training Anatomy" Jan 2006. HK Pub Inc. ISBN # 97807363685

I. Course Description: This course is designed to strengthen the overall body in preparation for intercollegiate athletic competition. The course includes a repeated six-week cycle with three different phases to maximize strength. A strength appraisal is taken at the beginning of the course and again at the end of each cycle.

II. Course Objectives:

- 1. To improve cardiovascular and muscular fitness
- 2. To improve muscular flexibility
- 3. To develop sufficient levels of strength to be competitive for intercollegiate athletic competition.

III. Course Outline:

Week 1	Orientation - Strength Appraisal I	Week 9	Workout
Week 2	Intro to Workout	Week 10	Workout
Week 3	Workout	Week 11	Workout
Week 4	Workout	Week 12	Workout
Week 5	Workout	Week 13	Workout
Week 6	Workout	Week 14	Workout
Week 7	Workout	Week 15	Workout
Week 8	Strength Appraisal II	Week 16	Final

V. Grading: The final grade will be based on total points accumulated as follows:

- 1. Participation/Attendance 60 points
- 2. Strength Appraisals 30 points
- 3. Final Exam 10 points
100 points

B. Grading Scale 100 - 90% = A, 89 - 80% = B, 79 - 70% = C, 69 - 60% = D

VI. Attendance Policy:

A third absence can result in your being dropped from the class. Three tardies equal one absence. Any sign of plagiarism will result in action by the Imperial Valley College.

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Sciences Building (760) 355-6312.