

# *IN-SEASON CONDITIONING FOR ATHLETES*

*P.E. 162*

**SPRING 2013**

**INSTRUCTOR: JIM MECATE**

**OFFICE: 705 HOURS: M,T,W,TH 12-1PM**

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**CLASS DAYS & TIMES: MW, 3:45-5:10 PM**

**REQUIRED TEXT: NONE**

**CREDIT UNITS: 1.5**

## I. COURSE DESCRIPTION

This course is designed to maintain overall body strength acquired from the pre-season conditioning course and enhance the cardiovascular system in preparation for intercollegiate athletic competition. This course includes both a strength maintenance program and a running program. A strength appraisal is taken at the beginning of the course and at the end of the semester.

## II. COURSE OBJECTIVES

1. To develop strength endurance
2. To develop basic strength
3. To develop maximum strength
4. To develop sufficient levels of strength to be competitive for intercollegiate athletic competition.

## III. STUDENT LEARNING OUTCOME

1. Students will analyze and customize the principles of strength and cardiovascular training to their respective sport.

## IV. COURSE OUTLINE

	<u>MONDAY</u>		<u>WEDNESDAY</u>
Week 1 1/14	Strength Appraisal I	1/16	Workout
Week 2 :1/21	<b>Holiday</b>	1/23	Workout
Week 3: 1/28	Workout	1/30	Workout
Week 4: 2/4	Workout	2/6	Workout
Week 5: 2/11	Workout	2/13	Workout
Week 6: 2/18	<b>Holiday</b>	2/20	Workout
Week 7: 2/25	Workout	2/27	Workout
Week 8: 3/4	Workout	3/6	Workout
Week 9: 3/11	Workout	3/13	Workout
Week 10:3/18	Workout	3/20	Workout
Week 11:3/25	Workout	3/17	Workout
Week 12: 4/8	Workout	4/10	Workout
Week 13:4/15	Workout	4/17	Workout
Week 14:4/22	Workout	4/24	Workout
Week 15:4/29	Workout	5/1	Strength Appraisal II
Week 16:5/6	Workout	5/8	Final Exam

## IV. GRADING

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

1. Attendance 70 points
2. Strength Appraisals 20 points
3. Final Exam 10 points  
100 points

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

## V. ATTENDANCE POLICY

You are allowed two absences; a third absence will result in your being dropped from the class. Three tardies equal one absence. 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 Services Building, (760) 355-6312