

IN-SEASON CONDITIONING FOR ATHLETES

P.E. 162
SPRING 2013

INSTRUCTOR: JILL LERNO

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CREDIT UNITS: 1.5

REQUIRED TEXT: NONE

CLASS TIME: MW 10:15-11:40

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. COURSE OUTLINE

IV. GRADING

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

1. Attendance	70 points
2. Participation	20 points
3. Final Exam	<u>10 points</u>
	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