

PRE-SEASON CONDITIONING FOR ATHLETES

P.E. 161 SPRING 2012

INSTRUCTOR: ANGELICA RAMOS CLASS DAYS & TIMES: MW, 8:00-9:25 PM

OFFICE: 704

PHONE: CELL (760) 550-1114 REQUIRED TEXT: NONE

E-MAIL: angelica.ramos@imperial.edu CREDIT

UNITS: 1.5

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 fitness evaluation is taken at the beginning of the course and at the end of the course. Cardiovascular fitness will be developed through aerobic and anaerobic training. Flexibility will be enhanced via a comprehensive routine.

II. COURSE OBJECTIVES

1. To develop strength endurance & maximum strength
2. To develop sufficient levels of strength to be competitive for intercollegiate athletic competition.
3. To develop aerobic and anaerobic fitness levels to compete in intercollegiate competition.
4. To develop flexibility to prevent athletic injuries and to enhance athletic performance.

III. Student Learning Outcome

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:	Orientation	Strength and Cardio Evaluation
Week 2 - 14	Workouts	
Week 15	Final Exam	

V. GRADING

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

1. Attendance 70 points
2. Strength and Cardio Evaluations 30 points

100 points

B. Grading Scale: 100 - 90% = A
80 - 70% = B
70 - 60% = C
60 - 50% = D

VI. ATTENDANCE POLICY

You are allowed 3 absences; a 4th 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