

PRE-SEASON CONDITIONING FOR ATHLETES

P.E. 161 FALL 2012

INSTRUCTOR: JIM MECATE

CLASS DAYS & TIMES: MW, 3:40-5:05 PM

OFFICE: 705 (HOURS: M,W = 10-11:30AM; T,TH = 10-11AM)

PHONE: 355-6341

REQUIRED TEXT:

NONE

E-MAIL: jim.mecate@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 strength appraisal is taken at the beginning of the course and again at the end of each cycle. 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 athletic 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: 8/20	Orientation	8/22	Strength and Cardio Appraisal I
Week 2: 8/27	Workout	8/29	Workout
Week 3: 9/3	Holiday	9/5	Workout
Week 4: 9/10	Workout	9/12	Workout
Week 5: 9/17	Workout	9/19	Workout
Week 6: 9/24	Workout	9/26	Workout
Week 7: 10/1	Workout	10/3	Workout
Week 8: 10/8	Workout	10/10	Workout
Week 9: 10/15	Workout	10/17	Workout
Week 10: 10/22	Workout	10/24	Workout
Week 11: 10/29	Workout	10/31	Workout
Week 12: 11/5	Workout	11/7	Workout
Week 13: 11/12	Holiday	11/14	Workout
Week 14: 11/19	Workout	11/21	Workout
Week 15: 11/26	Workout	11/28	Strength and Cardio Appraisal II
Week 16: 12/3	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 Appraisals	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

VI. 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