

COURSE SYLLABUS

PE 161 (1.5 Units)

PRE-SEASON CONDITIONING FOR ATHLETES

INSTRUCTOR: Jill Lerno

TIME: MW 8:35-10:00 AM

ROOM: 755/SBF

Office : 705B

COURSE DESCRIPTION:

This course is designed to prepare athletes for the competitive season. Emphasis will be placed on the development of speed, cardiovascular endurance, strength, and flexibility. A wide variety and combination of activities will be utilized to help athletes to work out with sport specific exercise programs.

TEXT:

No text required.

STUDENT LEARNING OUTCOME:

1. Improve cardiovascular and muscular fitness.

ATTENDANCE:

Attendance is a must, you are allowed three absences, not properly dressed will count as ½ absence. After allowable absences your grade will drop one grade for each unexcused absence.

OBJECTIVES:

Students will demonstrate development of speed, strength and flexibility.

Students will illustrate an understanding of basic skills.

GRADE:

Grade is based on attendance, participation and physical performance through out the semester.

DRESS CODE:

You must be dressed to class. This includes shorts or sweat pants, and appropriate tennis shoes.

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 AT (760)355-6312.