



IMPERIAL VALLEY COLLEGE

EXERCISE SCIENCE, WELLNESS & SPORTS

COURSE SYLLABUS: PE 162 **IN-SEASON CONDITIONING FOR ATHLETES**

(Nov. 10 last day to drop with a W)

CONTACT Information: Jill Tucker Office: 708 Phone: 760 355-6326

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CONTACT HOURS: Two hours & forty minutes of instruction per week

COURSE DESCRIPTION: Students will develop the skills necessary to perform at the optimum level for their individual sports, by using a variety of exercises including cardio vascular development, strength building, endurance training and flexibility.

Learning Outcomes:

To expose students to a broad range of information related to the understanding and development of muscular fitness. In this course, you will examine the elements of weight lifting as it relates to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness. Specifically, the students will:

- Learn to critically evaluate exercise programs involving resistance training.
- Obtain knowledge of the health implications of physical activity, physical fitness and nutrition.
- Become familiar with a variety of exercise programs.
- Improve their current level of physical fitness.

In addition, students will apply their knowledge of resistance training by developing a process-oriented fitness goal and designing a comprehensive workout program.

Major Topics and Activities:

- Importance of regular physical activity throughout life
- Assessment of personal physical wellness
- Designing safe and effective resistance exercise programs
- Resistance Training Principles
- Weight Training Techniques
- Muscular Fitness
- Muscular Strength vs. Muscular Endurance
- Flexibility
- Muscle Balance

Evaluation Procedures:

Final Project- 6 week Workout Plan	60 points
Weekly Exercise Log and Personal Progress Report	40 points
Participation	100 points

Grading Scale:

<i>Average</i>	<i>Points</i>	<i>Grade</i>
90-100	180-200	A
80-89	160-179	B
70-79	140-159	C
60-69	120-139	D
>59	>119	F

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Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed three unexcused absences. A 4th unexcused absence will result in a one-letter drop in final grade and a 5th unexcused absence will result in a two-letter drop in final grade. Should a student miss a 6th class, she/he will not receive credit for having taken the course.

If a student needs to miss a class for reasons that are excusable (examples of excused absences include illnesses confirmed by a doctor, family emergency, college-sponsored event, or job interviews) that student is responsible for making up the class at a time and place that is agreed upon by both student and instructor up to 3 absences can be made up. All excused absences need to be communicated to the instructor *prior* to the date that the student will be absent. It is the responsibility of the student to inform the instructor prior to the date of the class that she/he will not be present and to initiate a make up day. Should the class not be made up by the final make up day (TBA) the absence will be deemed as unexcused and will count against the number of unexcused absences a student is allowed.

Dress and Equipment:

Students are required to dress appropriately for all class sessions. Appropriate clothes include shorts, T-shirts, tennis shoes (a.k.a. gym shoes/sneakers), or reasonable extensions of the above clothes (i.e. wind pants, sweat shirts, etc.).

Recommended Reading and Resources:

Weight Training Instruction and Information

Delavier, Frédéric. Strength Training Anatomy. 2nd Edition. 2005

<http://www.exrx.net/index.html>

<http://www.global-fitness.com/programs/GF-1-A.html>

Guidelines and resource information:

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

<http://www.mayoclinic.com/index.cfm> (go to Fitness and Sports Medicine Center)

Injury prevention:

<http://familydoctor.org/handouts/147.html>

http://en.wikipedia.org/wiki/Category:Overuse_injuries

Motivation & behavior change:

<http://www.uri.edu/research/cprc/transtheoretical.htm>

<http://www.d.umn.edu/student/loon/acad/strat/motivate.html>

Nutrition Tips:

<http://www.mayoclinic.com/findinformation/conditioncenters/centers.cfm?objectid=000851DA-6222-1B37-8D7E80C8D77A0000>

Revised 8/12