

PE 161 – Pre Season Conditioning - Spring 2013

SYLLABUS

Professor: Eric Lehtonen
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Office: 2763
Office hours: MW 3:30-4:30
TR 2:00-3:00

Grading:

Attendance: 25%
Participation: 25%
Written Assignments: 25%
Training Log 25%

Text: There is no required text.

Attendance: Students not attending the first day of class will be automatically dropped. Students missing more than one week worth of classes, dating from when the student first enters the class will be dropped.

Any student with a documented disability who may need educational accommodation should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible.

COURSE/CATALOG 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 enable athletes to workout with sport specific exercise programs.

MEASURABLE COURSE OBJECTIVES AND MINIMUM STANDARDS FOR GRADE OF "C":

Upon satisfactory completion of the course, students will be able to:

1. Describe and perform the basic stretches of a sport specific flexibility program.
2. Explain and apply the principles of a cardiovascular program.
3. Demonstrate the proper methods and techniques of a muscular strength and endurance program.
4. Identify and utilize the five components that determine an athletes speed..

STUDENT LEARNING OUTCOMES:

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Analyze and customize the principles of strength and cardiovascular training to their respective sport.