

KINE-174: SKILLS AND CONDITIONING FOR TEAM SPORTS

Effective Term

Fall 2026

CC Approval

03/06/2026

AS Approval

03/12/2026

BOT Approval

03/19/2026

COCI Approval

03/20/2026

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Coaching (Any Degree and Professional Experience)	Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

174

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Skills and Conditioning for Team Sports

Short Title

Skills & Cond for Team Sports

CB03 TOP Code

1270.00 - Kinesiology

CIP Code

31.0501

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Eliminate Dangling Hours.

SECTION B - Course Description

Catalog Course Description

This course focuses on techniques and analysis of sport and conditioning used in preparing a student to compete at an advanced level. Repeatable for credit three times.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Repeatable 3 Times

Justification for awarding credit more than once

Intercollegiate athletics (either a course in which student athletes are enrolled to participate in an organized competitive sport sponsored by the district or conditioning course which supports the competitive sport)

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

Yes

Units

1.00

Units Maximum

3.00

Lab Hours

54.00

Lab Hours Maximum

162.00

Outside of Class Hours

0

Outside of Class Hours Maximum

0

Total Contact Hours

54

Total Contact Hours Maximum

162

Total Student Hours

54

Total Student Hours Maximum

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Emergency Only
Hybrid	Emergency Only

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	The student athlete's skills, fundamentals, and techniques will be developed and demonstrated for intercollegiate competition.
2.	The student athletes will be well conditioned for the rigors of intercollegiate competition.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Develop basic skills and techniques.
2.	Identify and demonstrate components of an all-around conditioning program, which includes plyometrics, agility drills, spinning, weight training, and stretching.
3.	Execute offensive and defensive movements in game like situations.
4.	Diagnose one's sports skills and conditioning strengths and weaknesses.

Course Content

1. Introduction- course objectives
2. Fundamentals and techniques of intercollegiate sports
3. For Example, in the sport of baseball:
 - a. throwing
 - b. fielding
 - c. hitting
 - d. bunting
 - e. base running
4. Offensive and Defensive organization and team play
5. Fundamentals and techniques of Conditioning
 - a. plyometrics
 - b. agility drills
 - c. spinning
 - d. weight training
 - e. stretching

Methods of Instruction**Methods of Instruction**

Types	Examples of learning activities
Lecture	Techniques and fundamentals explained by the instructor to students.
Activity	Students implement the techniques and fundamentals needed for skill development and conditioning through various exercises and drills.
Other	Video study: instructors help students analyze their fundamentals through video study.

Online Adaptation

Types	Examples of learning activities
Activity	Students implement the techniques and fundamentals needed for skill development and conditioning through various exercises and drills.
Lecture	Techniques and fundamentals explained by the instructor to students.
Other	Video study: instructors help students analyze their fundamentals through video study.

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation**Methods of Evaluation**

Types	Examples of classroom assessments
Performances	Video study: instructors help students analyze their fundamentals through video study.
Other	Laboratory assignments, performance exams, and class participation.

Assignments**Reading Assignments**

Textbook(s)
 Other material (if applicable); for instance, instructor generated handouts.

Writing Assignments

Students may be asked to keep a journal outlining skill and conditioning progress.
 Students may be asked to review an article on a particular skill.

Outside-of-Class Assignments

Students may be asked to present a short lesson on a particular skill.
 Students may be asked to write a short paper reflecting on their progress in the particular sport.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

G. Gregory Haff & NTravis Triplett

Title

Essentials of strength Training and Conditioning

Edition/Version

4th

Publisher

Human Kinetics

Year

2021

Rationale

Updated Textbook to meet modern modalities.

ISBN #

9781718210868

SECTION G - Diversity, Equity and Inclusivity

How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?

This course supports diversity and inclusion by welcoming all participants, offering exercise modifications for different abilities, and fostering respect and encouragement. This ensures everyone can participate, grow, and feel valued, creating a stronger, more inclusive community.

Course Codes (Admin Only)

CB00 State ID

CCC000616697

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No