

KINE-178: PRE-SEASON CONDITIONING

Effective Term

Fall 2026

CC Approval

12/05/2025

AS Approval

12/11/2025

BOT Approval

12/18/2025

COCI Approval

03/05/2026

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

178

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Pre-Season Conditioning

Short Title

Pre-Season Conditioning

CB03 TOP Code

0835.50 - Intercollegiate Athletics

CIP Code

31.0501

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Eliminating the Dangling Hours.

SECTION B - Course Description

Catalog Course Description

This course prepares students for a competitive season. It is a solid conditioning program that will prepare the student both mentally and physically through training and competition, decreasing injury potential. This class is a requirement for athletes who participate in the "non-traditional season." Repeatable for credit three times.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

Yes

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.	Be prepared physically to perform in rigorous competition.
2.	Understand how to maintain strength, flexibility, and endurance during a sports season.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Understand the need for pre-season conditioning.
2.	Understand elements composing a pre-season program.
3.	Understand and evaluate personal goals and be able to implement a training program.
4.	Increase cardiovascular endurance.
5.	Increase total body strength.
6.	Increase flexibility.
7.	Maintain his/her physical and mental condition.
8.	Improve areas of personal weaknesses.
9.	Select most needed conditioning activities that will fit their individual needs.
10.	Select conditioning activities that will prepare him/her for future competition.
11.	Rehabilitate athletic injuries.
12.	Further understand the different phases of physical conditioning.
13.	Understand, through conditioning, how weaknesses can be overcome, and strengths made even stronger.
14.	Understand how methods and lengths of a conditioning program can overcome most athletic injuries.

Course Content

1. Conditioning
 - a. Endurance
 - i. Running
 1. acceleration
 2. sprints
 3. form
 - b. Quickness and agility drills, flexibility
 - c. Weight training
 - i. explosive exercise - free weights
 - ii. daily iso-kinetics
2. Skill development-mechanical principals
 - a. Discussion-knowledge of
 - b. Application-proper movement
 - c. Slow motion and stop projection movies for evaluation
 - d. Visualization
 - e. Strategy
3. Participants will be exposed to all strategy necessary to participate at an intercollegiate level
4. Evaluation of past season
 - a. Athletes personal performance
 - b. Determine areas of athletes weaknesses
 - c. Determine athletes specific program to follow
 - d. Determine special program for injuries
5. Individual program to be selected from:

- a. Conditioning
 - i. Endurance
 - 1. running
 - 2. sprints
 - 3. form
 - ii. Quickness and agility drills, flexibility
 - iii. Weight training
 - 1. explosive exercise - free weights
 - 2. daily iso-kinetics
 - b. Skill development - mechanical principles
 - i. Discussion (knowledge of)
 - ii. Application (proper movement)
 - iii. Visualization
 - c. Special Programs
 - i. Improvement of injured areas
 - ii. Strengthening of physically weak areas
 - iii. Developing and improving hand-eye coordination
 - iv. Building speed
 - d. Strategy
 - i. Athletes will be exposed to all strategy necessary to participate at an intercollegiate level.
6. Conditioning
- a. Endurance
 - i. sprints
 - ii. endurance
 - iii. form

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	Students will be taught exercise mechanics and basic muscular function.
Activity	Students will participate in and compete at the given sport.
Other	Group Drills: Students will do drills to enhance their tactical understanding of the sport. Individual Technique Drills: Students will do drills to enhance their personal skills within the sport.
Group Work	Teamwork: Students will prepare in a team setting to compete with other college teams during their nontraditional season of sport.

Online Adaptation

Types	Examples of learning activities
Discussion	Students will participate in online Message Board and/or Video Meetings.
Journal	Students will log their individual fitness activities.
Lecture	Students will be taught exercise mechanics and basic muscular function.

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 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
Exams/Tests	Fitness testing, midterm, final exam.
Skills Demonstration	Video analysis.

Assignments

Reading Assignments

The course is entirely based upon skill development for selective competitive sports. There may be some appropriate reading assignments.

Writing Assignments

The course is entirely based upon skill development for selective competitive sports. There may be some appropriate writing assignments.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

NCAA

Title

NCAA Division I Manual and Rule Book

Edition/Version

Current

Publisher

National Collegiate Athletic Association

Year

2025

Material Type

Other required materials/supplies

Description

FOR CURRENT TEXT SEE TEXTBOOK ADOPTION FORMS ON FILE IN OFFICE OF INSTRUCTION

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

CCC000616738

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