



## KINE 174 - Skills and Conditioning for Team Sports Course Outline

Approval Date: 04/08/2021

Effective Date: 08/13/2021

### SECTION A

**Unique ID Number** CCC000616697

**Discipline(s)** Coaching  
Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 174

**Course Title** Skills and Conditioning for Team Sports

**TOP Code/SAM Code** 0835.50 - Intercollegiate Athletics / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE. Changing hours and units.

**Units** 1 – 3

**Cross List** N/A

**Typical Course Weeks** 18

### Total Instructional Hours

#### Contact Hours

**Lecture** 0.00  
to 0.00

**Lab** 58.00  
to 175.00

**Activity** 0.00  
to 0.00

**Work Experience** 0.00  
to 0.00

**Outside of Class Hours** 0.00  
to 0.00

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**Total Contact Hours** 58  
to 175

**Total Student Hours** 58  
to 175

**Open Entry/Open Exit** No

**Maximum Enrollment**

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

## **SECTION B**

**General Education Information:**

## **SECTION C**

### **Course Description**

**Repeatability** May be repeated 3 times

**Catalog Description** This course focuses on techniques and analysis of sport and conditioning used in preparing an student to compete at an advanced level. The course is available to all students.

**Schedule Description**

## **SECTION D**

### **Condition on Enrollment**

**1a. Prerequisite(s):** *None*

**1b. Corequisite(s):** *None*

**1c. Recommended:** *None*

**1d. Limitation on Enrollment:** *None*

## **SECTION E**

### **Course Outline Information**

#### **1. Student Learning Outcomes:**

- A. The student athlete's skills, fundamentals, and techniques will be developed and demonstrated for intercollegiate competition.
- B. The student athletes will be well conditioned for the rigors of intercollegiate competition.

#### **2. Course Objectives:** Upon completion of this course, the student will be able to:

- A. Develop basic skills and techniques
- B. Identify and demonstrate components of an all around conditioning program, which includes plyometrics, agility drills, spinning, weight training, and stretching
- C. Execute offensive and defensive movements in game like situations
- D. Diagnose one's sports skills and conditioning strengths and weaknesses
- E.

#### **3. Course Content**

- A. Introduction- course objectives
- B. Fundamentals and techniques of intercollegiate sports
- C. For Example, in the sport of baseball:
  - a. throwing
  - b. fielding
  - c. hitting
  - d. bunting
  - e. baserunning
- D. Offensive and Defensive organization and team play
- E. Fundamentals and techniques of Conditioning
  - a. plyometrics
  - b. agility drills
  - c. spinning
  - d. weight training
  - e. stretching

f.

#### **4. Methods of Instruction:**

##### **Lecture:**

**Other:** I. Lecture: techniques and fundamentals explained by the instructor to students. II.

Activity: students implement the techniques and fundamentals needed for skill development and conditioning through various exercises and drills. III. Video study: instructors help students analyze their fundamentals through video study.

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

##### **Typical classroom assessment techniques**

Class Performance -- Students will be required to demonstrate the acquisition of skills need for their individual and team performance.

Additional assessment information:

Laboratory assignments, performance exams, and class participation

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Textbook(s)

other material (if applicable); for instance, instructor generated handouts.

B. 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.

C. Other 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.

#### **7. Required Materials**

##### **A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: Newton, Harvey

Title: Explosive lifting for Sports

Publisher: Human Kinetics

Date of Publication: 2016

Edition: 2016

##### **B. Other required materials/supplies.**