

Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;  
Laboratory Contact Hours: 48-162; Outside-of-Class Hours: 0;  
Total Student Learning Hours: 96-216

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**Exercise Science 249 – Competencies for Intercollegiate Athletes**

1 hour lecture, 1 unit  
3 hours laboratory, 1 unit  
Total units: 2 units

1 hour lecture, 1 unit  
6 hours laboratory, 2 units  
Total units: 3 units

1 hour lecture, 1 unit  
9 hours laboratory, 3 units  
Total units: 4 units

**Catalog Description**

This course is designed to prepare student athletes for intercollegiate competition at both the two and four year level, and to maintain athletic conditioning between seasons. It is intended for students who have demonstrated the potential (through performance or interview with respective coach) to succeed in intercollegiate athletics. Students will be required to participate in lab hours within the intercollegiate sport of their choice. *Athletic insurance fee may be required upon enrollment.*

**Prerequisite**

Recommendation of Intercollegiate Coach

**Course Content**

- 1) Advanced rules and decorum standards as outlined in the NCAA manual
- 2) Eligibility rationale for 4-year college athletes
- 3) Habits of successful college athletes
- 4) Advanced skill building
- 5) Advanced strategy analysis
- 6) Advanced fitness activities, nutrition, and overall conditioning strategies for sport

**Course Objectives**

Students will be able to:

- 1) Describe strategies for developing advanced physical ability in the activity of choice using specific skill testing and team statistics.
- 2) Outline the decorum standards and expectations for the activity of choice as taken from NCAA guidelines for that sport.
- 3) Analyze the offensive and defensive strategies of an opponent, and effectively respond with an appropriate competitive approach as measured by written exercises, practice and personal statistics.
- 4) Demonstrate conditioning protocols appropriate to the activity of choice.
- 5) Develop a course completion framework to satisfy degree requirements and eligibility maintenance regulations at the 2- and 4-year level.
- 6) Analyze methods for avoiding athletic injury within the competitive setting as well as for lifetime participation in the activity of choice.

**Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in the subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Observations by the coach that measure students' ability to identify and appraise appropriate competitive strategies, and perform the sport activity at the level appropriate for intercollegiate competition
- 2) Written educational plan including strategies for successful completion of a college degree
- 3) Oral and written exams regarding rules, eligibility, decorum, strategies, conditioning methods, etc., for the intercollegiate sport of choice
- 4) Final performance exam comprised of coach and team evaluation

**Special Materials Required of Student**

- 1) Appropriate exercise attire, specific to sport and training venue
- 2) Specific equipment required for personal practice of activity outside of class

**Minimum Instructional Facilities**

Exercise Science facilities appropriate to the activity of choice

**Method of Instruction**

- 1) Demonstration of skills
- 2) Video analysis of performance
- 3) One-on-one guidance/personal skill-building
- 4) Supervised practice of skills
- 5) Athletic competition

**Out-of-Class Assignments**

- 1) **Reading:** review course materials, and other multimedia.
- 2) **Writing:** N/A.
- 3) **Other:** potential field trips for off-campus course activities; personal fitness and conditioning activities as assigned by coach.

**Texts and References**

- 1) Required (representative example): Ratamess, N. (2022). ACSM's Foundations of Strength Training and Conditioning. Wolters Kluwer Medical.
- 2) Supplemental: None

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Demonstrate advanced conceptual understanding of and physical ability in the activity of choice through specific skill testing and team statistics.
- 2) Outline the decorum standards and expectations for the activity of choice as taken from NCAA guidelines for that sport.
- 3) Explain and demonstrate conditioning protocols appropriate to the activity of choice.
- 4) Develop a course completion framework to satisfy degree requirements and eligibility maintenance regulations at the 2- and 4-year level.