

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 264 - Analysis and Theory of Intercollegiate Sport

3 hours laboratory, 1 unit

Catalog Description

Students will analyze intercollegiate level theories, techniques, and strategies involved with performance of intercollegiate sports. Students will engage in video and digital analysis, data and statistical analysis, skill and performance evaluation, and a deeper understanding of sports related philosophies.

Prerequisite

None

Corequisite

None

Recommended Preparation

None

Course Content

A structured lecture and practice format to include:

- 1) Collaborative process design to understand team performance, motivation, and development.
- 2) Team performance analysis (i.e., offensive, and defensive philosophies, strategies, and tendencies).
- 3) Data and statistical analysis
- 4) Individual performance and biomechanical analysis
- 5) Injury prevention (i.e., kinesthetic awareness and body positioning)

Course Objectives

Students will be able to:

- 1) Develop the ability to recognize, formulate, and analyze decision-making in intercollegiate sports.
- 2) Apply technical analysis to evaluate and employ knowledge of offensive and defensive strategies.
- 3) Apply biomechanical analysis for individual movement patterns to improve performance efficiencies.
- 4) Illustrate and employ data and statistical analysis.
- 5) Collaborate and modify team performance and motivation.
- 6) Interpret and apply principles of biomechanics and injury prevention.

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 essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Observation and evaluation of the student's athletic performance in game and practice situations.
- 2) Day-by-day scouting charts
- 3) Data and statistical performance

Special Materials Required of Student

None

Minimum Instructional Facilities

- 1) Intercollegiate sports facilities
- 2) Smart classroom and digital media equipment

Method of Instruction

- 1) Group and individual lecture
- 2) Visual and online instructional materials (DVD, video, fitness apps and software, and Canvas)
- 3) Student demonstration and performance
- 4) Instructor-led demonstration and activities
- 5) One-on-one instruction and consultation

Out-of-Class Assignments

- 1) Reading: Evaluate statistical sheets from competition
- 2) Writing: reports on offensive and defensive theories and strategies
- 3) Other: individual skill performance journals.

Texts and References

- 1) Required (representative example): Carroll, Rob. An Experts Guide to Performance Analysis E-book. thevideoanalyst, <https://thevideoanalyst.com/wp-content/uploads/2013/07/Full-Ebook.pdf>.
- 2) Supplemental: National Collegiate Athletic Association. *NCAA Playing Rules*. NCAA, 9 Feb. 2021, <https://www.ncaa.org/sports/2021/2/9/playingrules.aspx>.

Student Learning Outcomes

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

- 1) Analyze and interpret intercollegiate team strategies, tactical systems, and program philosophies, articulating how they influence performance outcomes.
- 2) Apply advanced sport film analysis techniques to evaluate technical execution and biomechanical efficiency within an intercollegiate competition setting.