

Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;  
Laboratory Contact Hours: 16-18; Outside-of-Class Hours: 0;  
Total Student Learning Hours: 64-72

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

**Exercise Science 248 – Conditioning for Intercollegiate Athletes**

1 hour lecture, 1 hour laboratory, 1 unit

**Catalog Description**

Physical conditioning and mastery of the basic fundamentals of movement and skills necessary to reduce the risk of injury associated with athletic activity. Conditioning activities, games, and resistance exercises will be emphasized. This course is intended for intercollegiate athletes who are proficient in the fundamental skills and have knowledge of the basic rules of the competitive sport. Instruction is geared toward advanced techniques, strategies, injury prevention, conditioning, and team play.

**Prerequisite**

None

**Course Content**

- 1) Review fundamental movement techniques required by sport at the competitive level
- 2) Assess skill level using video and film
- 3) Develop and practice drills designed to reduce injury
- 4) Rules and terminology
- 5) Improvement and maintenance of fitness levels required for safe intercollegiate competition

**Course Objectives**

Students will be able to:

- 1) Demonstrate principles for improvement of the five basic parameters of fitness (cardiovascular, muscle strength, muscle endurance, flexibility and body composition).
- 2) Evaluate parameters of fitness in order to identify areas of strength and weakness for the purpose of injury prevention and to develop a personal exercise prescription applicable to the sport of choice.
- 3) Demonstrate understanding of the rules of play, codes of behavior, use of terminology, and team offensive and defensive strategies through active participation in competitive settings.
- 4) Examine the relationship between physical fitness and good health, and apply the skills gained in class to promote good health and fitness throughout the lifespan.

**Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in 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) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of fitness principles and strategies that can improve the parameters of fitness.
- 2) Objective fitness testing that measures students' cardiovascular endurance, muscular strength and endurance, flexibility and body composition.
- 3) Objective skills testing that measures students' proficiency in performing and instructing appropriate exercises and activities based on various physical abilities.

**Special Materials Required of Student**

Appropriate attire

**Minimum Instructional Facilities**

- 1) Lecture facility
- 2) Exercise/weight training facility

**Method of Instruction**

- 1) Lecture and demonstration
- 2) Practice and drill sessions

**Out-of-Class Assignments**

- 1) Reading as assigned by instructor
- 2) Maintenance of individual fitness logs/journals documenting improvement in the five parameters of fitness

**Texts and References**

- 1) Required (representative example): Joyce, D. & Lewindon, D. *High-Performance Training for Sports*. 2nd edition. Human Kinetics, 2022.
- 2) Supplemental: None

**Student Learning Outcomes**

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

- 1) Demonstrate principles for improvement of the five basic parameters of fitness (cardiovascular, muscle strength, muscle endurance, flexibility and body composition).
- 2) Evaluate parameters of fitness in order to identify areas of strength and weakness for the purpose of injury prevention and to develop a personal exercise prescription applicable to the sport of choice.
- 3) Demonstrate understanding of the rules of play, codes of behavior, use of terminology, and team offensive and defensive strategies through active participation in competitive settings.
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