

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** ATHL - 120A3

2. **Title:** Cross Training for the Athlete

3. **Cross Reference:**

4. **Units:** 1

Lec Hrs:

Lab Hrs: 3

Tot Hrs: 54.00

5. **Repeatability:** Yes Times:3

6. **Grade Options:** Grade Only (GR)

7. **Degree/Applicability:**

Credit, Degree Applicable, Transferable
- CSU (T)

8. **General Education:**

9. **Field Trips:** Not Required

10. **Requisites:**

Advisory

Medical clearance within last year.

12. Catalog Description:

This course allows for the athlete to continue their strength and conditioning requirement while exploring alternate methods of exercise. There will be opportunity to develop new strength training techniques, focus on specific systems of the body such as the cardiorespiratory system, and to achieve a sense of body readiness when it pertains to an upcoming sports season.

13. Class Schedule Description:

Conditioning class for the off season athlete. Focused on exploring new and alternate forms of body improvement.

14. Counselor Information:

This course is for the athlete looking to continue their conditioning needs during the off season.

II. Student Learning Outcomes

The student will:

1. Demonstrate proper muscle strengthening techniques
2. Manipulate heart rate and training intensity to develop a training program that is easily adjusted to ones needs.

III. Course Outline:

- A. Progressive warm up techniques.
- B. Cross training and what that means.
- C. Strength development exercises of the upper body
- D. Strength development exercises of the lower body
- E. Body fat percentage
 1. How to calculate
 2. What the results mean now and for the lifespan.
- F. Activity development for:
 1. Dynamic warm up techniques
 2. Aerobic exercise

3. Anaerobic exercise
4. Abdominal exercise
5. Cool down exercise

IV. Course Assignments:

A. Reading Assignments

B. Projects, Activities, and other Assignments

1. Calculate resting heart rate and determine appropriate training zone for specific conditioning programs.

C. Writing Assignments

V. Methods of Evaluation/Assessment:

- A. Increase muscle mass and decrease fat percentage as measured by a pre- and post-test.
- B. Increase cardiovascular efficiency through the use of the target heart rate.

VI. Methods of Instruction:

- A. Laboratory
- B. Discussion
- C. Demonstration
- D. Collaborative Learning

VII. Textbooks:

Recommended

Supplemental

VIII. Supplies: