

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** ATHL - 100

2. **Title:** Intercollegiate Experience

3. **Cross Reference:**

4. **Units:**

Lec Hrs:

Lab Hrs: 10

Tot Hrs: 180.00

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

6. **Grade Options:** No Grade/0 Units
(NG)

7. **Degree/Applicability:**

Non Credit (N)

8. **General Education:**

9. **Field Trips:** May be Required

10. **Requisites:**

Advisory

Medical clearance needed within last year.

Corequisite

ATHL 380 Intercollegiate Athletic Injury Rehabilitation

12. **Catalog Description:**

This course allows potential athletes to experience what it takes to be a part of an intercollegiate team.

13. **Class Schedule Description:**

For potential athletes who desire to be part of an intercollegiate team.

14. **Counselor Information:**

This course is a way to capture future intercollegiate athletes without undue financial Bordon.

II. Student Learning Outcomes

The student will:

1. Demonstrate improved sport skill through practice sessions.
2. Develop an advanced knowledge of team strategy and rules of intercollegiate competition.
3. Assess the potential life-long benefits of regular physical activity.

III. Course Outline:

A. Pre-season development

1. Development of individual skills and techniques

2. Development of team concepts

B. Practice contests

1. Team organization and game strategies practiced and used in game situations

C. Intercollegiate competition 8-15 weeks

1. Development of competitive and individual goals

Course to be linked with ATHL:

220 Volleyball (Women) (F)

- 222 Soccer (Women) (F)
- 223 Soccer (Men) (F)
- 224 Water Polo (Women) (F)
- 225 Water Polo (Men) (F)
- 226 Basketball (Women) (F-S)
- 227 Basketball (Men) (F-S)
- 228 Swimming (Women) (S)
- 229 Swimming (Men) (S)
- 230 Softball (Women) (S)
- 231 Baseball (Men) (S)
- 232 Tennis (Women) (S)
- 233 Tennis (Men) (S)

IV. Course Assignments:

A. Reading Assignments

B. Projects, Activities, and other Assignments

1. Attend Weekly practice sessions

C. Writing Assignments

1. Self assesment identifying strengths and weakness. Also to include perspective on the role of physical education in their life.

V. Methods of Evaluation/Assessment:

- A. Skill development throughout the length of the term.
- B. Successful completion of weekly practice sessions.
- C. Completed self assessment.

VI. Methods of Instruction:

- A. Laboratory
- B. Discussion
- C. Demonstration
- D. Audiovisual
- E. Computer Assisted Instruction
- F. Collaborative Learning

VII. Textbooks:

Recommended

Supplemental

VIII. Supplies:

