

**OHLONE COLLEGE**  
**Ohlone Community College District**  
**OFFICIAL COURSE OUTLINE**

**I. Description of Course:**

1. **Department/Course:** ATHL - 101A3

2. **Title:** Functional Sports Performance

3. **Cross Reference:**

4. **Units:** 1

**Lec Hrs:**

**Lab Hrs:** 3

**Tot Hrs:** 54.00

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

6. **Grade Options:** Pass/No Pass (P)

7. **Degree/Applicability:**

Credit, Degree Applicable, Not Transferable (D)

8. **General Education:**

9. **Field Trips:** Not Required

10. **Requisites:**

**Advisory**

Medical clearance within previous year.

**12. Catalog Description:**

This class is for the incoming student athlete to perform and develop their skills as it relates to their specific sport. This will also be an opportunity for specific coaches to evaluate individual players and to better identify deficiencies prior to the start of the season.

**13. Class Schedule Description:**

For the student athlete to better prepare for the on-coming season of sport.

**14. Counselor Information:**

This class allows students to be seen by the coach(es) prior to the start of the season. This is a great way to "tryout" without being required to stay for the whole season if they are not ready to enter this level of competition.

**II. Student Learning Outcomes**

The student will:

1. Demonstrate proper warm-up and cool-down exercises in order to prevent injury.
2. Identify strengths and weakness as it relates to specific sport performance.
3. Examine their ability as a potential student athlete.

**III. Course Outline:**

A. Warm-up exercise

1. Static
2. Dynamic
3. Progressive

B. Skill evaluation and development

1. see/do
2. listen/do
3. self perception and execution
4. peer evaluation

C. Cool-down exercises

1. Slow and controlled

- 2. Mental aspect
- D. Overall realization and acceptance
  - 1. Can or Cannot
  - 2. Should or should not
  - 3. Other questions to consider

**IV. Course Assignments:**

A. Reading Assignments

B. Projects, Activities, and other Assignments

- 1. Warm-up routine
- 2. Cool-down routine
- 3. Self evaluation

C. Writing Assignments

**V. Methods of Evaluation/Assessment:**

- A. Successful warm-up and cool-down routine.

**VI. Methods of Instruction:**

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

**VII. Textbooks:**

Recommended

Supplemental

**VIII. Supplies:**