

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** ATHL - 110A3

2. **Title:** Sport Specific Training

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 the last year.

12. Catalog Description:

This course is designed to improve neuromuscular coordination and agility related to sport-specific movements. Course is designed for intercollegiate-level athletes.

13. Class Schedule Description:

Improve neuromuscular coordination and agility. Course designed for intercollegiate-level athletes.

14. Counselor Information:

This course is designed for intercollegiate athletes to improve skills related to specific sport movements.

II. Student Learning Outcomes

The student will:

1. Demonstrate fundamental and advanced techniques related to their specific sport.
2. Demonstrate advanced sport specific movements related to their specific sport.

III. Course Outline:

- A. Introduction to sports specific drills and training techniques related to offensive and defensive fundamentals.
- B. Individual and group practice of offensive and defensive techniques to improve skill level.
- C. Game simulation drills to improve skill performance.

IV. Course Assignments:

A. Reading Assignments

B. Projects, Activities, and other Assignments

1. Drill progression

C. Writing Assignments

V. Methods of Evaluation/Assessment:

A. Completion of drill progression

B. Pre- and post-observation by instructor showing marked improvement

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:

CID 3110