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
11. **Medical clearance within the last year.**

Catalog Description:

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

Class Schedule Description:

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

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