

PE 183, Conditioning for Athletes

Instructor Objectives/Goals

1. Evaluate and analyze the individual athlete's strength, cardiovascular, flexibility, and core strength levels
2. Outline and discuss the foundations of conditioning including the fundamental of flexibility, strength, core, and cardiovascular components
3. Improve linear speed, jumping and explosion ability, lateral and change of direction quickness, cardio respiratory fitness, and core strength through various drills and testing
4. Design specific program for the individual athlete based upon sport

Meeting Instructor Objectives

To learn the above you will need to:

1. Review and become orientated to free and machine weights.
2. Attend class and develop fitness and strength through various workouts.
3. Participate in activities that incorporates cross neuro-muscular training.
4. Take the final exam and turn in additional assignments at that time.

Phone Number/E-Mail

The following phone number is direct to my office in Physical Education, Bldg. 1200, office 1220-01, 714-992-7471. I can also be reached by e-mail: lbassi@fullcoll.edu. Class information can be found at the instructor's website: <http://staffwww.fullcoll.edu/lbassi>

Grading Criteria

Grading is by points earned as indicated in the table below. Since most assignments are relative to individual situations, points are given for their completion rather than letter grades.

Points per Criteria

	Points/per Assignment	Number	Total Points (from each)
Journal	5	10 lessons	50
Lab Assignments	5	10 assignments	50
Final Exam		Number of points	100

		earned on final	
Final Grade		A = 200 - 180 B = 179 - 160 C = 159 - 140 D = 139 - 120 F = < 119	