

**SEWARD COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS**

I. TITLE OF COURSE: PEB2121- Athletic Conditioning IV - Basball

II. COURSE DESCRIPTION: 1 credit hours
0 credit hours of lecture and 1 credit hours of lab per week.

This course physically prepares the student/athlete to participate at the varsity level of collegiate sports. This preparation will be accomplished through an intensive weight training, swimming conditioning program, and plyometrics.

For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

Pre-requisite: None

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The Seward County Community College physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

IV. TEXTBOOK AND MATERIALS:

[Text_Mat]

V. SCCC OUTCOMES

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

5: Demonstrate the ability to think critically by gathering facts, generating insights, analyzing data, and evaluating information

6: Exhibit skills in information and technological literacy

VI. COURSE OUTCOMES:

1. To develop the maximum overall strength of each participant through a weight lifting program.
2. To develop the maximum ranges of motion and cardiovascular capacities of each participant through a swimming program.
3. To develop footwork, coordination, and jumping ability.

VII. COURSE OUTLINE:

1. Weight lifting: Ten (10) lifts required with additional exercise if time permits.
2. Lap Swimming
3. Jumping workout in pool.
4. Use of aqua joggers
5. Plyometrics

VIII. INSTRUCTIONAL METHODS:

1. Lecture
2. Demonstrations

3. Participation
4. Supervision

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Weight lifting machines (free weights and nautilus)
2. Aerobic machines
3. Swimming pool
4. Interval Cardiovascular Conditioning
5. Gym
6. Running track
7. Plyometric hurdles

X. METHODS OF ASSESSMENT:

SCCC Outcome #5 will be assessed and measured by adjusting their workouts according to fat percentage change or weight change in the individual. Also by calculating the number of calories that they need to burn off in a workout.

SCCC Outcome #6 will be assessed and measured by showing their ability to work with the technology in the wellness center and in the weight room.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 04/15/2019 16:24:45