

# **KINE 174 - Skills and Conditioning for Team Sports Course Outline**

**Approval Date:** 04/08/2021

**Effective Date:** 08/13/2021

## **SECTION A**

**Unique ID Number** CCC000616697

**Discipline(s)** Coaching  
Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 174

**Course Title** Skills and Conditioning for Team Sports

**TOP Code/SAM Code** 0835.50 -

**Distance Education Mode of Instruction** On-Campus

## **SECTION B**

**General Education Information:**

## **SECTION C**

**Course Description**

**Repeatability** May be repeated 3 times

**Catalog Description** This course focuses on techniques and analysis of sport and conditioning used in preparing an student to compete at an advanced level. The course is available to all students.

**Schedule Description**

## **SECTION D**

**Condition on Enrollment**

**1a. Prerequisite(s):** *None*

**1b. Corequisite(s):** *None*

**1c. Recommended:** *None*

**1d. Limitation on Enrollment:** *None*

## **SECTION E**

**Course Outline Information**

**1. Student Learning Outcomes:**

- A. The student athlete's skills, fundamentals, and techniques will be developed and demonstrated for intercollegiate competition.
- B. The student athletes will be well conditioned for the rigors of intercollegiate competition.

**2. Course Objectives:** Upon completion of this course, the student will be able to:

- A. Develop basic skills and techniques
- B. Identify and demonstrate components of an all around conditioning program, which includes plyometrics, agility drills, spinning, weight training, and stretching
- C. Execute offensive and defensive movements in game like situations
- D. Diagnose one's sports skills and conditioning strengths and weaknesses
- E.

**3. Course Content**

- A. Introduction- course objectives
- B. Fundamentals and techniques of intercollegiate sports
- C. For Example, in the sport of baseball:
  - a. throwing
  - b.

f.

**4. Methods of Instruction:**  
**Lecture:**