KINC 137: OFF SEASON CONDITIONING FOR VARSITY SOFTBALL

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	1
Total Contact Hours:	54
Lab Hours:	54
Hours Arranged:	0
Prerequisite:	Must be a college varsity athlete/college varsity prospect or with coaches' permission.
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity softball. This course may be taken four times. 54 lab hours.

Course Objectives

- Execute advanced skill techniques required to participate on the intercollegiate level.
- Demonstrate an understanding of the rules of the game of a particular sport.
- Demonstrate the use of proper attitude regarding team cooperation, sportsmanship, coach-ability, and competitiveness during off season practice and competition.
- Demonstrate a higher level of health-related fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition).
- Demonstrate awareness of diverse cultures and apply sensitivity, respect, and empathy toward others through direct interaction with others during training and off season competition

Major Course Content

All lab content.

Lab Content

1. Weight Training
    a. Plyometrics
    b. Core Training
    c. Circuit Training
    d. Progressive Resistance
2. Aerobic Conditioning
3. Individual Skill Development
4. Strategies for Offense
5. Strategies for Defense
6. Attitude and Work Ethic
7. Rules

Suggested Reading Other Than Required Textbook

Student Athlete Handbook, Instructor Handouts or Coaches Playbook

Examples of Required Writing Assignments

Offensive Strategies Defensive Strategies

Examples of Outside Assignments

Physical skill improvement to participate in a competitive collegiate environment.

Instruction Type(s)

Lab, Online Education Lab