GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 02/22/2022

GCCCD Governing Board Approval: 03/08/2022

EXERCISE SCIENCE 264 - ANALYSIS AND THEORY OF INTERCOLLEGIATE SPORT

1. Course Number Course Title Semester Units

ES 264 Analysis and Theory of Intercollegiate Sport 1

Semester Hours

1 hour lecture: 16-18 hours 32-36 outside-of-class hours

1 hour laboratory: 16-18 hours  64-72 total hours

2. Course Prerequisite

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

Students will analyze intercollegiate level theories, techniques, and strategies involved with performance of intercollegiate sports. Students will engage in video and digital analysis, data and statistical analysis, skill and performance evaluation, and a deeper understanding of sports related philosophies.

4. Course Objectives

The student will:

1. Develop the ability to recognize, formulate, and analyze decision-making in intercollegiate sports.
2. Apply technical analysis to evaluate and employ knowledge of offensive and defensive strategies.
3. Apply biomechanical analysis for individual movement patterns to improve performance efficiencies.
4. Illustrate and employ data and statistical analysis.
5. Collaborate and modify team performance and motivation.
6. Interpret and apply a deeper understanding of biomechanics and injury prevention.

5. Instructional Facilities

1. Intercollegiate facility.
2. Classroom for lectures and video and digital equipment.

6. Special Materials Required of Student

None

7. Course Content

A structured lecture and practice format to include:

1. Collaborative process design to understand team performance, motivation, and development.
2. Team performance analysis (i.e., offensive, and defensive philosophies, strategies, and tendencies).
3. Data and statistical analysis
4. Individual performance and biomechanical analysis
5. Injury prevention (i.e., kinesthetic awareness and body positioning)

8. Method of Instruction

a. Group and individual lecture

b. Visual and online instructional materials (DVD, video, fitness apps and software, and Canvas)

c. Student demonstration and performance

d. Instructor-led demonstration and activities

e. One-on-one instruction and consultation

f. Physiological assessments

9. Methods of Evaluating Student Performance

a. Observing the student’s sports performance in game and practice situations.

b. Day-by-day scouting charts

c. Data and statistical performance

10. Outside Class Assignments

Written reports on offensive and defensive theories, philosophies, and strategies

Individual skill performance journals.

11. Representative Texts

a. Representative text(s):

NCAA. *NCAA Rules*. Overland Park, KS: National Collegiate Athletic Association, 2020.

1. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

* + - 1. Illustrate and employ intercollegiate sport strategies, techniques, and philosophies.
      2. Demonstrate improvement of advanced skill performance and biomechanics specific to intercollegiate sport.