Alexandria Technical and Community College

EXSC 2610: Training for Sports Performance

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 2
Lab Hours/Week: 2
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

Students prepare to work in environments implementing progressive exercise protocols and plans, including athletic or sport performance settings. The principles, theories, methods, and techniques of advanced program design for athletic preparation and performance enhancement training will be covered. Students will obtain a detailed look at traditional and non-traditional models of periodization. Sport specificity and the process of performance analysis are examined. Additional topics include testing and assessment, proper warm up procedures, post exercise recovery, prevention and rehabilitation of athletic injuries, general athletic preparation, reactive/plyometric training, and study of current exercise trends and research. Program design and implementation for teams or groups will be considered. Lab activities include performance centered assessments, variations of resistance training, approaches to plyometric training, speed, agility, and power applications.

B. COURSE EFFECTIVE DATES: 04/24/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Identify unique physical/psychological aspects of those with high level physical capabilities, including athletes, and understand how those characteristics affect training and program design.
2. Review pre-program activity/sport analysis and use information to create specific sports performance plans.
3. Study various systems of training; identify and practice their use in athletic programming.
4. Review principles of training and incorporate into design of sports performance programming.
5. Introduce periodization concepts, examine traditional models of periodization, and use this information in program design.
6. Compare and contrast various sports performance training program design.
7. Examine the theory and methodology of reactive (speed/agility/quickness) training.
8. Understand the purpose of proper warm-up, identify appropriate warm-up exercises, and develop protocol for effective use of those exercises.

D. LEARNING OUTCOMES (General)

1. The learner will be able to demonstrate knowledge, skills, and abilities in the philosophy, design, and evaluation of athletic and sports performance assessments and systems of training.
2. The learner will be able to demonstrate knowledge, skills, and abilities in exercise prescription and program design for athletic and human performance purposes.
3. The learner will improve skills in selecting and instructing exercise to improve performance, including use of free weights, plyometric training, and approaches to increase agility, speed, power, and quickness.
E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted