Alexandria Technical and Community College

EXSC 2612: Sports Performance

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 2
Lab Hours/Week: 2
OJT Hours/Week: *

Prerequisites:
This course requires both of these prerequisites
   EXSC 1641 - Exercise Physiology (Number of Years Valid: 5)
   EXSC 1661 - Kinesiology and Biomechanics (Number of Years Valid: 5)

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.

B. COURSE EFFECTIVE DATES: 05/10/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Identify unique physical/psychological aspects of those with high level physical capabilities 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. Review principles of training and incorporate into design of sports performance programming
4. Introduce periodization concepts, examine traditional models of periodization, and use this information in program designs
5. Compare and contrast various sports performance program designs and assessments
6. Examine the theory and methodology of reactive (speed/agility/quickness) training
7. 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 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 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